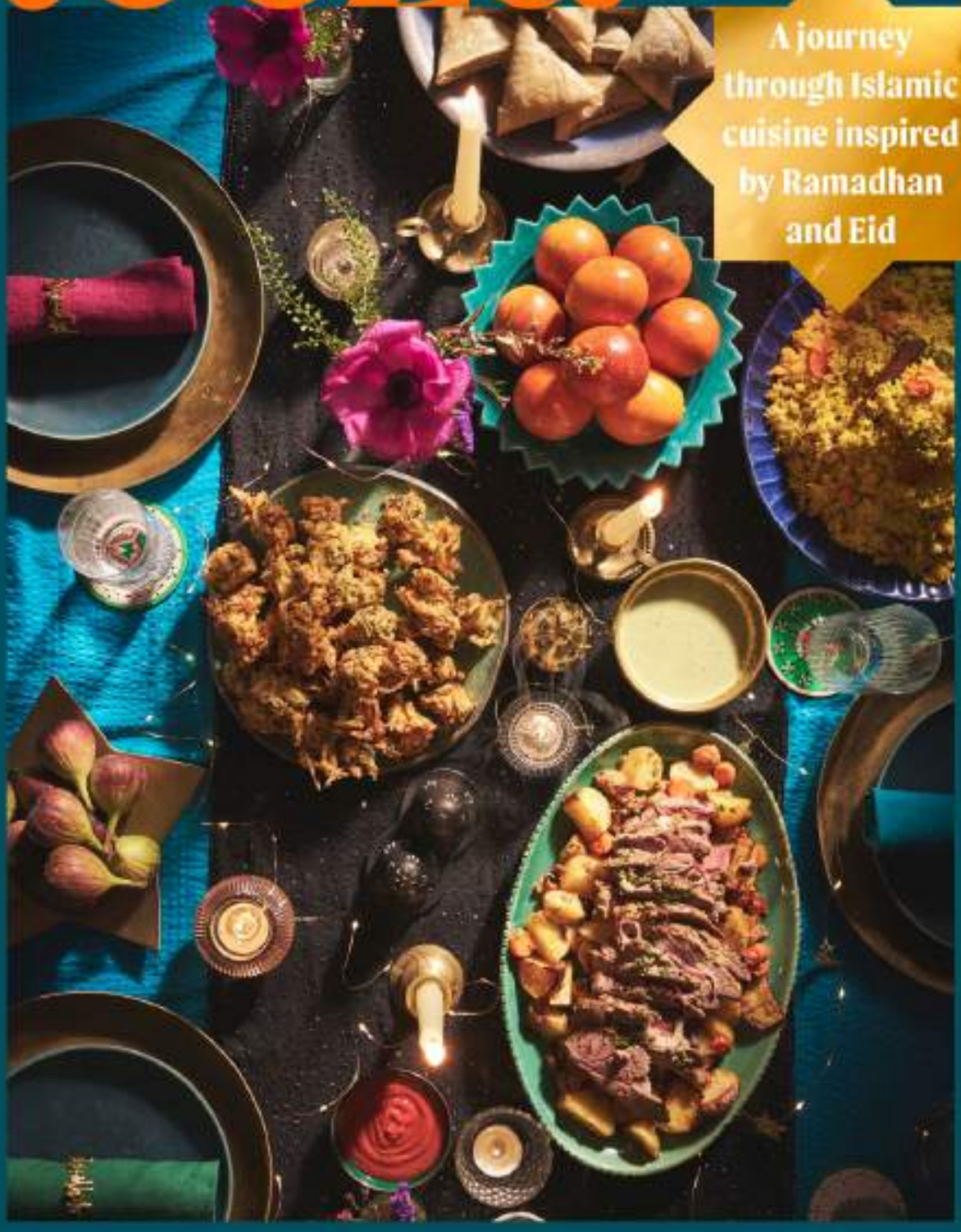
Rooza



A journey through Islamic cuisine inspired by Ramadhan and Eid

Nadiya Hussain

ABOUT THE AUTHOR

Since winning 2015's *Great British Bake Off* in a finale watched by over 13 million viewers, **Nadiya Hussain** has become a national treasure. She has presented many of her own BBC2 cookery series to great acclaim, with episodes reaching on average 1.9 million viewers each week. Her next cookery series, *Cook Once, Eat Twice*, will air on BBC2 in autumn 2024, accompanied by her brand-new TV tie-in cookbook.

Born in Luton to British Bangladeshi parents, Nadiya now lives in Milton Keynes with her husband, Abdal, and their three teenage children. She was awarded an MBE in 2020 for services to broadcasting and the culinary arts. Her bestselling cookery titles include *Nadiya Bakes, Time to Eat, Nadiya's Fast Flavours* and *Nadiya's Simple Spices*.

Rooza

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Photography by Chris Terry

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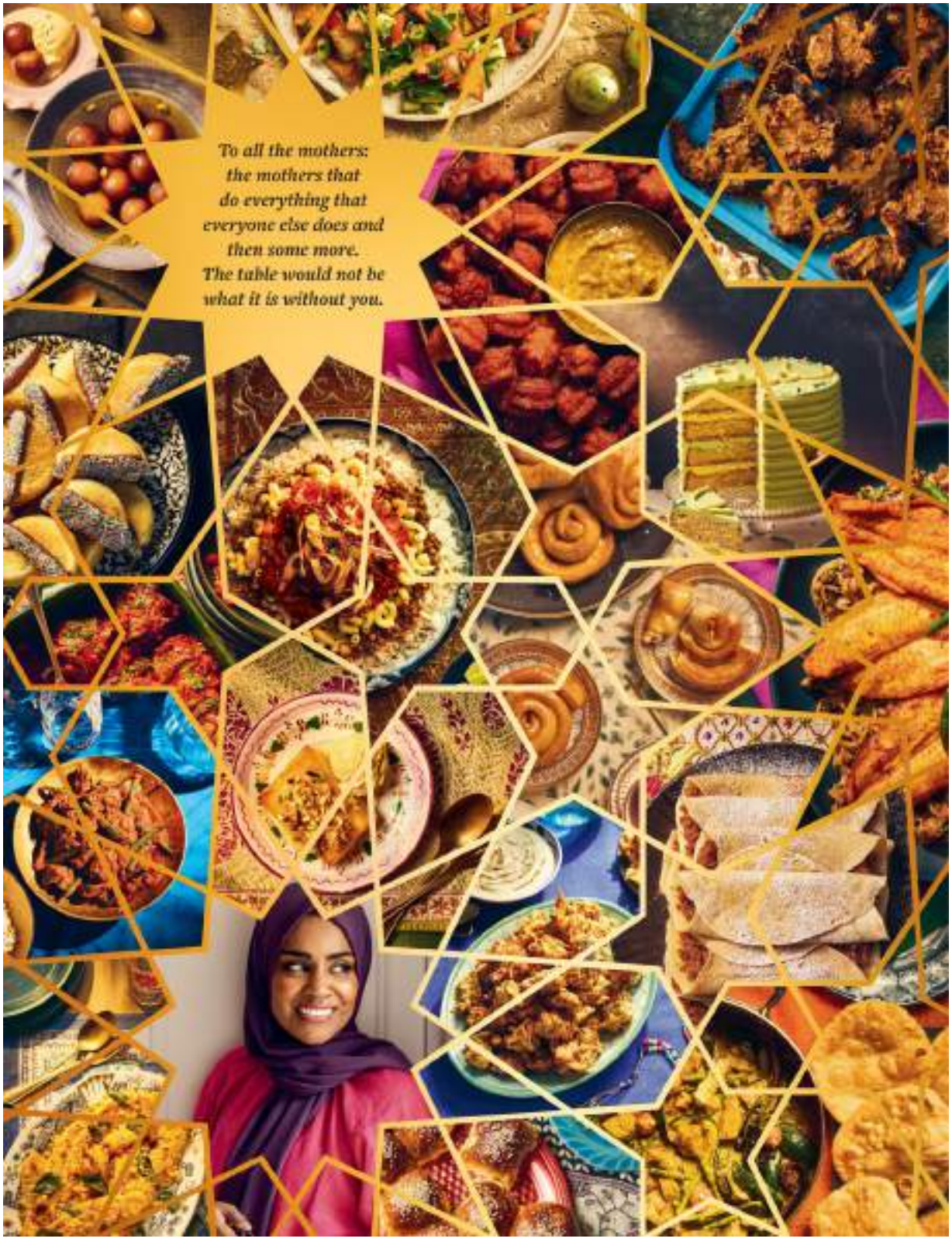

To all the mothers:
the mothers that
do everything that
everyone else does and
then some more.
The table would not be
what it is without you.

Ramadhan *is the word we use collectively as Muslims to describe the name of the Holy Month. However, countries and regions have their own languages and with these languages come their unique changes to the word Ramadhan, including the way it's said or spelt. We grew up calling it* **Rooza**, *which essentially translates as 'fasting', and to me, Rooza it shall aways be.*

Introduction

As the month of Ramadhan fast approaches, you begin to hear the word ‘Ramadhan’ and ‘fasting’ being murmured, whispered and announced everywhere. Maybe that’s just me or maybe it’s not. Adults and children are speaking about it in schools, in friendship groups, with colleagues and at places of work, waiting at bus stops, quite literally, anywhere and everywhere. I find myself talking about Ramadhan to anyone who will listen. As we lead up to the holiest month in the Islamic calendar, there is an eagerness and anticipation in the air for those intending to observe, and often a powerful curiosity for those who are not.

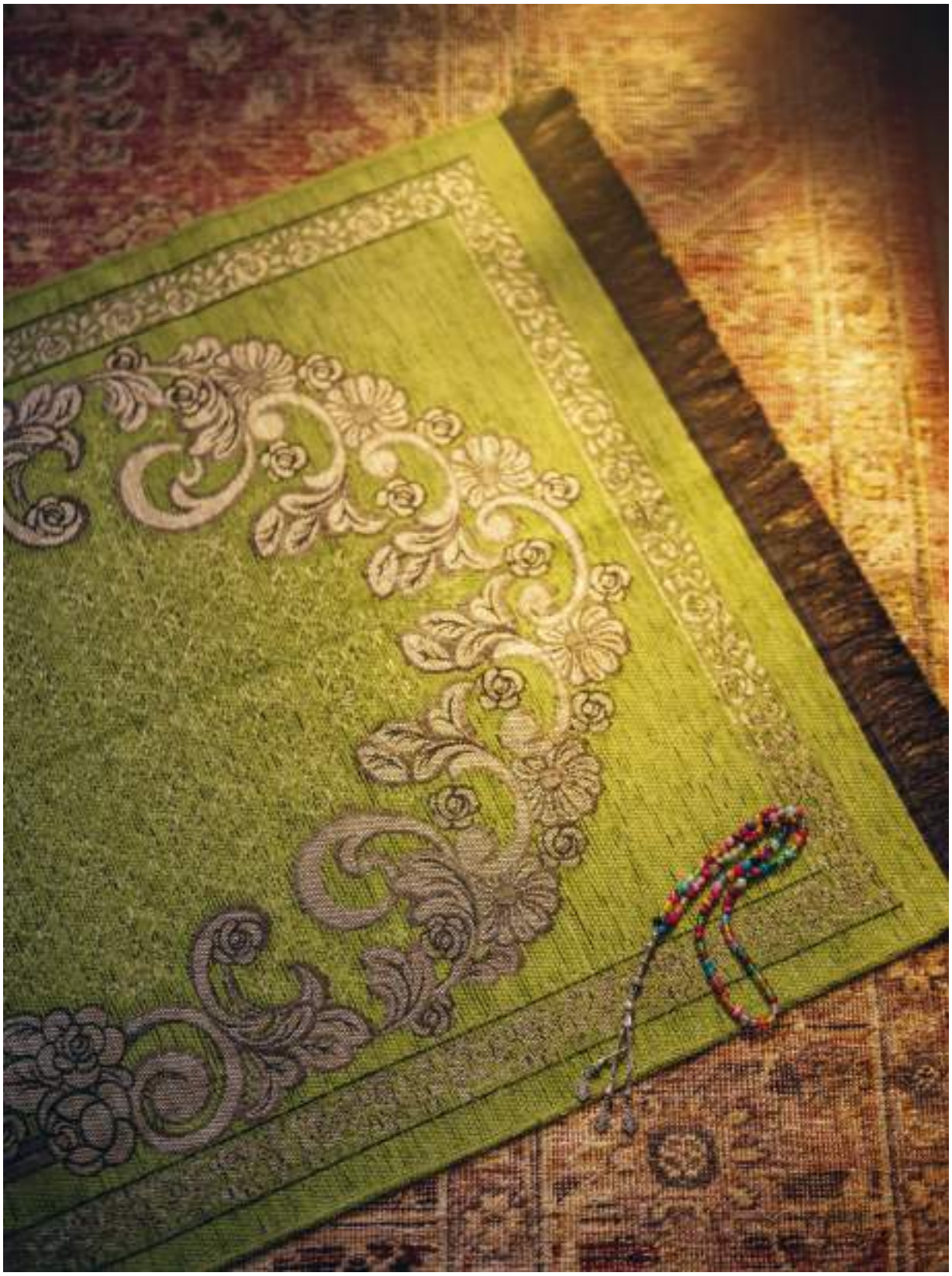
Things are so different now to when I grew up observing Ramadhan. Ramadhan was then contained inside our homes and within our small communities. Though the change isn’t huge, these days we are starting to see shop windows wishing observers Ramadhan Mubarak (‘have a blessed Ramadhan’) or Ramadhan Kareem (‘have a generous Ramadhan’), which is something I never imagined, but when I see it, it fills my heart with hope. We have even started to see supermarkets prepare for the month by having aisles dedicated to Ramadhan, the shelves filled with rice, flours, lentils, oils, butter, dried fruit, nuts and so much more. Seeing everything under a bright banner elevates the excitement to a whole other level.

Whenever I get asked about Ramadhan, I try to describe this beautiful month in the way that I feel it in my heart and through my lived experience. The only way I can describe Ramadhan is as an

old friend, a distant friend. The kind that you don't see for months and months, but you know that no matter how far away they are or how infrequent the interactions, you can pick up right where you left off. Like a good friend, Ramadhan visits every year, like clockwork, exactly when you need them the most.

The anticipation for this holy month is nothing short of magnificent, even though we know what it entails. Fasting requires hard work, determination and faith. No eating or drinking (yes, not even water) from the moment the sun comes up to the time it sets. It is the most exciting time in our house and with our wider families. We channel our excitement by decorating the house with banners, balloons and sparkly lights, all in preparation for this month of fasting and worship.

When the month of Ramadhan finally arrives, we all work as normal, but for just one month of the year our day-to-day lives revolve around Ramadhan, and not the other way around. We spend time perfecting our prayers. We nap when the exhaustion sets in. We gather our energy so we can spend time reading the Quran. Giving charity makes up a huge part of our worship and even the smallest of things, the way we speak to each other, is softer, kinder and more measured. This is the month that we are the best versions of ourselves in every way.



For me as a mum and as the head of the kitchen, what we eat is so important. After having not eaten from sunrise, what I lay on the table at sunset really matters to me. It is the one meal we sit down and eat together after having fasted all day. It has to be nutritious, filling and, most of all, it has to be delicious. So, I pride myself on making delicious meals every night. I dedicate a few hours, outside of work, household chores and worship, to make sure I know exactly what we are eating. From small, nibbly bits to one-pot meals, staples like rice and pasta and, of course, dessert. Not to mention fresh fruit, dates and ice-cold water.

What I cook can be inspired by traditional foods, my travels, something I may have watched on TV or read in a book, or even by an entire cuisine that I know nothing about. Whichever way, I know that whatever I cook will be received well by my hungry brood, who are always complimentary and ever grateful for the work that goes into preparing this feast, all while fasting myself.

This book is filled with thirty meals inspired by countries that have worshippers who observe Ramadhan. These recipes are motivated by each of these countries and are foods that are enjoyed by them all year round and during this holy month. As easy as it would be for me to make familiar foods, I really enjoy trying new foods from new countries with distinctive cuisines during this month. These recipes will keep you feeling excited about each meal you lay on the table. There is also a whole section dedicated to Eid-ul-Fitr – the celebration at the end of the month where we can eat 'as normal' again – filled with celebration-worthy dishes and sweet treats for the whole family.

As the mother of an ever-growing family, Ramadhan is the only time of year that I know I will see my children for thirty days on the trot for dinner at our table, without a second's delay, and I won't have to call them twice. Whilst I know that will change as they get older, as they move on and out of our family home, it is this month

that binds us as a family, intertwines us and holds us together through faith, worship, dedication and the meal we share at the end of another day. Whilst small for some, it is huge for us. It is this dedication to our faith and the delicious food that we are blessed with that will bring them back to the very same table, year after year.

Turkey

CHICKEN SHISH TAOUK

Chicken Kebabs with a Yoghurt Flatbread, Cucumber Dip and Pickled Radishes

Turkish food is something that has blown up in the last few years and where I live, there is a Turkish restaurant around every corner. With one of our very close friends being Turkish, we have also had the pleasure of being able to enjoy Turkish food at its finest at home. So, this take on a Turkish shish with delicious sides and yoghurt flatbread is an homage to our friend Emir.

Serves: 6

For the chicken shish taouk

- 500g plain yoghurt
- 3 tablespoons oil, plus extra for drizzling
- 1 tablespoon cumin seeds
- 2 tablespoons ground cumin
- 2 tablespoons dried thyme
- 1 tablespoon paprika
- 1½ tablespoons salt
- 1 lemon, zest and juice
- 3 tablespoons garlic paste

Let's start by making the chicken shish. Put the plain yoghurt in a large bowl. In a small pan, heat your oil to a high heat, add the cumin seeds and as soon as they start to pop and spit, take off the heat. Pour and scrape all the contents on to the yoghurt.

Now mix in the ground cumin, thyme, paprika, salt, the juice and zest of the lemon and the garlic paste. Add in your diced chicken thighs and mix till everything is evenly coated.

Cover and leave to marinate. If you can make this ahead, then 6 hours is great (ideally overnight for the best flavour), but if you have no time, just pop it into the fridge for 1 hour. And if you absolutely have to make it now, make it now!

1.5kg chicken thighs, diced into equal pieces

For the yoghurt flatbread

500g strong bread flour
1 tablespoon salt
3 tablespoons oil
500g plain yoghurt
melted butter, for brushing

For the cucumber dip

1 large cucumber
2 cloves of garlic, minced
3 spring onions, thinly sliced
6 tablespoons full-fat mayonnaise
whole milk, to loosen
sumac, for sprinkling

For the pickled radishes

200ml apple cider vinegar
3 tablespoons caster sugar
300g radishes, thinly sliced
6 metal or wooden skewers

Preheat the oven to 200°C. Lightly grease a baking tray that will fit all six skewers. Drizzle a little extra oil on top.

After marinating, skewer the chicken on to six metal or wooden skewers and bake in the oven for 25-30 minutes till cooked all the way through.

Meanwhile, let's make the flatbread by putting the flour in a large bowl, adding the salt and oil and rubbing the oil in with your fingers so you don't have any clumps of oil. Spoon the plain yoghurt in and, using a palette knife, start to mix, then get your hands in and bring the dough together, kneading just enough till you have a smooth, shiny dough.

Leave to rest, covered under a tea towel, for 10 minutes.

Now make the cucumber dip by grating the cucumber, using your hands to drain out any excess liquid. Pop the grated cucumber into a bowl. Get your minced garlic and spring onions in, along with the mayonnaise, and mix through. Pour in just enough milk to loosen the dip so it doesn't clump, but also it shouldn't be runny. Sprinkle over the sumac and set aside.

Make the pickled radishes by pouring the apple cider vinegar into a small pan and adding the caster sugar. Bring to the boil and as soon as the sugar has dissolved, add the radishes and bring to the boil again. Turn the heat off and leave the radishes to sit in the juice.

Make the flatbreads by dividing the dough into six equal pieces. Roll each piece out to a round that is about 3mm thin.

Pop a griddle pan on the hob and bring to a medium heat, then place a piece of dough on the griddle and cook for 3–4 minutes on each side. Take off the heat and brush with butter. Repeat with all the dough pieces.

Drain the radishes, reserving the liquid (this can be used for dressings or pickling other things). Take the kebabs out of the oven. To serve, add the kebab meat to the flatbread, removing carefully from the skewer, then drizzle over the cucumber dip, sprinkle over some pickled radishes and it is ready to enjoy.

Chicken Shish Taouk

Turkey

BAKLAVA

Baklava is a dessert of layers of buttery filo with a buttery centre, all baked and doused in a sweet, sticky syrup. It is one of the most sophisticated and elegant desserts, but it is pretty straightforward to cook and I love making it. I always thought it was Middle Eastern, but baklava has spread its sweet love across many other countries, including Turkey. I like to serve it with clotted cream just like I had in Istanbul many years ago, and a swirl of raspberry jam for tang.

Makes: 24 baklava

For the baklava

200g salted butter
2 × 270g packs of filo pastry, ready-rolled (14 sheets in total)
200g walnuts
100g pistachios
1 orange, zest only (reserving the juice for later)
2 teaspoons ground cinnamon

For the syrup

300g caster sugar
juice of an orange (see above)
1 lemon, zest and juice
100g honey

Start by browning the butter. Pop the butter into a small pan and start to melt it, then bring it to the boil, lower to a medium heat and allow the milk solids to toast. When you swirl the pan and are able to see flecks of brown and it starts to smell very toasted, take off the heat and set aside.

Preheat the oven to 180°C. Take a 40cm × 25cm baking tray and measure to make sure your filo sheets will fit comfortably without creasing. If not, cut to size using the tray as a guide. Grease and line this tray with two sheets of baking paper, one on top of the other, allowing a bit of overhang.

Brush the inside of the tray with the browned butter and put one filo sheet in, then add another sheet and butter again. Do this till you have added seven sheets to the base.

4 cardamom pods, husks removed and seeds crushed

To serve

400g clotted cream

150g raspberry jam

Put the walnuts, pistachios, orange zest and cinnamon in a food processor and blend to a fine mixture. Pour on to the filo, spreading to an even layer.

Now butter and add each layer of the leftover filo, placing them on top of the nut mixture till you have done all seven layers.

Press down firmly and use a sharp knife to cut into equal squares, making sure you get right to the base and through each and every layer. Any leftover butter can be poured right on top.

Bake in the oven for 35 minutes, till golden brown.

Make the syrup by putting the caster sugar in a pan with the orange juice, lemon zest and juice, honey and cardamom. Bring the syrup to a boil and leave to simmer for 10 minutes till golden and a little thicker.

Take the baklava out of the oven and while it is still hot, pour the syrup all over the baklava. Set aside to cool completely.

To serve, I like to decant my clotted cream and ripple in the raspberry jam. Take a few squares of the baklava and serve with a dollop of the raspberry clotted cream.

Baklava

BEEF KIBBEH

with Lamb Murag and Rice

These kibbeh are a total labour of love but are worth every second. If you like meat, then there is meat in the bulgur wheat coating and also a gently spiced meat filling on the inside. Hearty and wholesome, they go so well with the lamb murag and rice.

Serves: 6

For the kibbeh stuffing

oil, for frying
500g beef mince
3 onions, diced
100g walnuts, finely chopped
salt
large handful of fresh parsley, finely chopped

For the dough

40g fine semolina
150ml boiling water, plus 1 litre for the bulgur wheat
350g bulgur wheat
oil, for frying
200g beef mince
1 teaspoon ground cumin

Start by making the stuffing for the kibbeh. Pour a splash of oil into a frying pan. When the oil is hot, add the beef mince, break it up and cook till browned. Now add the onions, walnuts and salt and keep cooking till the onions are soft. Take off the heat, add the parsley and mix through, then set aside and leave to cool completely.

While that cools, make the dough. Start by putting the fine semolina in a bowl with the boiling water, mix and set aside.

Pop a large pan on the hob with a litre of salted water. As soon as the water is boiling, add in the bulgur wheat and boil for 8 minutes, then drain and set aside.

Pour a splash of oil into a frying pan and as soon as the oil is hot, add the beef mince and cook till broken up and golden brown. Now add your cumin, black pepper, salt and tomato purée, mix and cook through for 5 minutes.

1 teaspoon black pepper
1 teaspoon salt
1 tablespoon tomato purée
125g plain flour

For the murag

1kg diced lamb
6 tablespoons oil, plus extra for the onions
3 onions, diced
1 tablespoon salt
3 tomatoes, diced
1 teaspoon sugar
6 tablespoons baharat spice
2 tablespoons tomato purée
500ml hot water
225g green beans, topped, tailed and halved

For the rice

600g basmati rice
900ml cold water

Take off the heat, add the soaked semolina and bulgur wheat, mix well and set aside to cool completely. Once cool, put the mixture in a food processor and blitz to a smooth paste. Now add the plain flour and blend one more time till you have a mixture that can hold its shape.

Using wet hands, divide the mixture into 24 balls. Take each ball and, again with wet hands, create a hole in the centre, slowly working your way in to create a large hole with thinner walls. Fill with 1 tablespoon of the filling. Seal shut and you can keep them as a ball or make a traditional point on each side – this will give you a lovely crispness on either end of the kibbeh.

Set aside in the fridge till they are ready to fry. Freeze any leftover mixture for next time.

Now for the murag. Make sure your lamb is patted dry and any moisture removed from it. To a large pan, add the oil and heat over a medium heat. Add all the lamb and cook till golden brown.

Take the meat out, pour in a little extra oil and cook the onions with the salt till lovely and golden and very soft. Now add your diced tomatoes, along with the sugar and the baharat spice, then add in the tomato purée. Cook the spices into the mix for about 5 minutes, then add back in all your lamb, mix through and pour in the water. Cook with the lid on, over a medium heat, for 45 minutes.

Meanwhile, make the rice. Wash the rice thoroughly with cold water till the water runs completely clear. Drain the rice and put into a

medium pan with 900ml cold water from the tap. Boil the rice, making sure to stir occasionally so the rice doesn't stick to the base. Keep boiling till the water has almost completely evaporated. Lower the heat, pop the lid on and leave to steam for 15 minutes.

After 45 minutes take the murag off the heat and add the green beans. Cook with the lid off for another 15 minutes till the green beans are just tender.

Now let's fry the kibbeh. Take a large pan and pour oil into it about two-thirds of the way up. I like to use a large frying pan with high sides. Heat the oil to about 180°C. Gently drop the kibbeh into the hot oil, cooking a few at a time and making sure not to overcrowd the pan. Cook for about 8 minutes till crisp on the outside. Drain on kitchen paper, then fry up all the rest.

Everything should be ready at once to serve and enjoy.

Beef Kibbeh

KLEICHA

Date Swirled Cookies

Dates are a huge part of Ramadhan and not just to break your fast with. They are a great ingredient to bake and cook with too. This date and nut paste makes for a sweet and aromatic filling in these swirly biscuits, perfect with a cup of tea for a light treat after breaking your fast.

Makes: 24 kleicha

For the dough

225g plain flour
120g salted butter, chilled and cubed
1 teaspoon ground cinnamon
2 tablespoons icing sugar
1 egg, lightly beaten
icing sugar, for dusting

For the filling

150g pitted dates
100g hazelnuts
boiling water, to cover

To finish

3 tablespoons golden syrup, warmed

Let's start by making the dough. Put the plain flour in a bowl with the cubed butter. Rub the butter into the flour till there are no large lumps of butter and the flour looks less fine.

Add the ground cinnamon and icing sugar and mix through. Make a well in the centre and add the egg in. Bring the dough together gently, being sure not to knead it – just bring it together so you don't have any floury bits left.

Shape into a square, wrap in cling film and leave in the fridge for at least 30 minutes.

Meanwhile, make the filling by putting the pitted dates in a bowl with the hazelnuts. Pour boiling water on top till they are submerged and leave to soak for 10 minutes. After 10 minutes, drain completely, reserving any water, and blend to a smooth paste. Add a few tablespoons of the reserved water if necessary.

Preheat the oven to 180°C and line a baking tray with some baking paper.

Dust the worktop with some icing sugar, unwrap the dough and roll the dough out to a 24cm square. Brush the date paste all over in an even layer. Roll up and freeze for 30 minutes.

After freezing, slice into 1cm swirly biscuits. Lay them out on the prepared baking tray and bake for 15-20 minutes, till they are golden brown.

Take them out, brush generously with the golden syrup and then wait for them to be just cool enough to eat, but still lovely and warm.

Kleicha

Afghanistan

KABULI PULAO

with Qorma-e-Sabzi

Lamb Pulao with Greens

I had this very dish at a tiny restaurant that serves authentic Afghani food. When I go to a restaurant that I have never eaten at before and where the cuisine is new to me, I always ask the waiting staff what they recommend, and this was it. I love rice in all its forms and this recipe perfectly captures the essence of the Kabuli pulao from what I can remember. Lightly scented rice served with spinach and a sweet and savoury carrot topping. Joy in every single mouthful.

Serves: 6

For the pulao

150g ghee
4 cloves
3 bay leaves
1 large cinnamon stick
2 onions, thinly sliced
2 tablespoons garlic paste
2 tablespoons salt
500g diced boneless lamb
3 tablespoons garam masala
100ml hot water
500g basmati rice
650ml boiling water

Start by making the pulao. To a large pan add all the ghee and, over a high heat, allow the ghee to melt. Add the cloves, bay leaves and stick of cinnamon and let the whole spices sizzle in the melting ghee.

Add the sliced onions and cook till they are really soft and golden. Now add your garlic paste and salt and cook through for a few minutes. Get the lamb cubes in with the garam masala and cook till the meat is brown. Pour in the 100ml hot water and bring to the boil. Reduce the heat slightly and cook till there is no more liquid left and there is a golden-brown mixture coating the meat.

For the qorma-e-sabzi

3 tablespoons oil
1 bunch of spring onions, thinly sliced
1 teaspoon salt
1 lemon, juice only
1kg frozen spinach
2 teaspoons ground coriander
1 teaspoon ground black pepper
small handful of fresh coriander
small handful of fresh dill

For the carrot topping

2 carrots, grated
50g raisins
40g almonds, toasted
3 tablespoons vinegar
2 teaspoons honey

Wash the basmati rice till the water runs clear. This will take a few washes, but it's important to remove as much starch as possible. Drain the rice and add to the meat. On a high heat, mix the rice with the meat and onions, mixing and scraping the base for about 5 minutes to remove any rice that may be sticking.

Pour in the boiling water and, over a high heat, mix and allow the whole thing to come to a boil till almost all the liquid has dried off and you can see every grain of rice. As soon as you get to that point, lower the heat completely and put the lid on. Leave to steam for about 30 minutes.

While the pulao cooks, let's make the qorma-e-sabzi. Pour the oil into a medium non-stick pan and bring to a high heat. Add the sliced spring onions with the salt and cook for a few minutes.

As soon as the spring onions are soft, add the lemon juice and the frozen spinach. Water should release from the frozen spinach – keep cooking till most of the liquid has evaporated. Add the ground coriander and black pepper and cook till completely dry and there is no excess liquid in the base when you are stirring. Take it off the heat as soon as it is ready and stir in the fresh coriander and dill.

Make the quick carrot topping by putting the grated carrots in a bowl with the raisins and toasted almonds. Mix well. Put the vinegar and honey in a bowl and mix. Drizzle all over the carrots and stir through.

Take the rice off the heat and serve on a platter or in the pan with the carrot mixture sprinkled over and the qorma-e-sabzi alongside.

Kabuli Pulao

Afghanistan

SHEER PIRA

Milk Fudge

This fudge is sweet, milky and everything you want if you are after a sweet fix. Made with whole milk powder and a really easy sugar syrup, it is ready to enjoy as soon as it is set or is even better packed up and gifted to neighbours. I like to top mine with nuts and dried red cranberries for colour and a slight tart hit.

Makes: 10 bars

- 250ml water
- 200g caster sugar
- 3 cardamom pods, husks removed and seeds crushed
- ½ teaspoon rose extract
- 150g full-fat milk powder, sifted
- 25g dried cranberries, finely chopped
- 25g pistachios, toasted and chopped
- gold leaf, to decorate

Line and lightly grease a 900g loaf tin with baking paper and set aside.

Start by pouring in the water and adding the sugar to a shallow non-stick frying pan, along with the crushed cardamom seeds and rose extract.

Bring to the boil and as soon as the water is hot and the sugar has completely dissolved, boil to 120°C.

Now put the milk powder in a bowl, pour in the hot sugar water and mix till it all comes together. Work quickly to press the mixture into the prepared tin.

Press in the cranberries and pistachios, being sure to press in firmly, then carefully add the gold leaf.

Leave to set completely, then break into pieces and serve.

Sheer Pira

Tunisia

LABLEBI

Chickpea Stew

I love chickpeas, especially after a whole day of fasting. They really are wholesome and filling and this is such a delicious way to enjoy them. The lablebi is sweetly spiced with caraway and thyme and served with a poached egg and crunchy baguette – a perfect one-bowl meal.

Serves: 6

For the lablebi

100ml oil
large sprig of fresh thyme
6 dried red chillies
pinch of salt
2 bay leaves
1 large cinnamon stick
2 teaspoons caraway seeds
1 bulb of garlic, cloves peeled and minced
1 onion, finely diced
1 tablespoon salt
4 × 400g tins of chickpeas, drained
1 litre water

To serve

6 poached eggs

Get a large pan and pour the oil straight into the pan. Pop over a medium heat and as soon as the oil is hot, add the sprig of thyme in there and leave to one side. Add the dried red chillies and allow the chillies to toast and blacken very slightly. As soon as that happens, take the pan off the heat and carefully remove the chillies. Sprinkle with salt to keep them crisp and set them aside.

Now go in with the bay leaves, cinnamon stick and caraway seeds and toast them gently with the pan back on a low to medium heat. Add the minced garlic and toast till very golden brown. As soon as it is a golden brown, get the onions in with the salt and cook the onions till they are tender and golden.

Add the first three tins of drained chickpeas to the pan and mix through. Take the fourth tin, crush the chickpeas completely, add to the pan with the

3 × 145g tins of tuna in brine, drained
180g jar of harissa
6 lemon wedges
354g jar of pitted black olives, drained
large handful of fresh parsley, chopped
6 small crusty baguettes, warmed

water and bring to a boil. As soon as it comes to the boil, leave to simmer over a medium heat. You will know it is ready when the whole chickpeas are surrounded by a thick chickpea sauce and not a watery one.

While that cooks away, it's great to get all the toppings ready to serve with the lablebi.

Dish out the hot lablebi once it is off the stove. Remove the bay leaves and the cinnamon stick. Now serve with a poached egg, the tuna, a spoonful of harissa, a lemon wedge, black olives and a sprinkling of parsley. Warm up those crusty baguettes and serve alongside.

Lablebi

Tunisia

SAMSAS

Samsa is a traditional dish often made during Ramadhan. They are not like the samosas you frequently find, filled with spiced savoury meat. These are stuffed with a mixture of ground down nuts, sweet potato, orange and cinnamon. Doused in sweet syrup, they are then coated again with nuts. I like to serve mine with a simple strawberry coulis.

Makes: 7 samsas

For the filling

2 medium sweet potatoes
1 teaspoon ground cinnamon
1 orange, zest only (reserving the juice for later)
100g walnuts, finely chopped

For the pastry

150g butter
270g pack of filo pastry, ready-rolled (7 sheets)
100g pistachios, finely chopped

For the syrup

juice of an orange (see above)
100ml water

Pierce the sweet potatoes all over with a fork, place directly on to a microwave plate and cook for 10 minutes till very soft. You can also do this in the oven.

Take out and leave to cool enough so they can be handled and then scoop out all the flesh and pop into a bowl. Mash to a smooth paste with the cinnamon, orange zest and walnuts. Set aside.

For the pastry, pop the butter into a pan and melt till brown. As soon as it starts to bubble and brown flecks appear, you have browned the butter. Take off the heat.

Preheat the oven to 190°C and have a baking tray at the ready.

Cut the filo sheets down the length and create 14 strips of filo, leaving the sheets you're not working with under a damp tea towel. Butter two sheets

150g caster sugar

For the strawberry coulis

227g punnet of strawberries

100g icing sugar

squeeze of lemon juice

together. Take a dollop of the filling and place at the bottom of the end of the strip. Fold a corner over to create a visible triangle, encasing the filling. Now take the filled triangle and fold over again and keep going till you have a fully encased triangle. Make the other six and butter them all over with any leftover butter.

Pop on to the tray and bake for 20 minutes.

Make the syrup by pouring the orange juice into a pan with the water and caster sugar. Bring to the boil and leave to simmer till the syrup is thick and golden.

Take the triangles out of the oven and dip straight into the syrup till completely coated, then coat with pistachios and set aside.

For the strawberry coulis, put the fresh strawberries, icing sugar and lemon juice in a food processor and blend. Serve alongside the samsas as a dip or a drizzle.

Samsas

Aleppo, Syria

BULGAR POT

with Sliced Lamb

This durum wheat salad is hearty and wholesome and perfect for sharing. Simply spiced with cumin and cinnamon, I love it topped with sumac-spiced lamb to give it a tang. Drizzled with a fresh coriander and parsley dressing, this is exactly the kind of recipe that gets me up and about, enthused to cook iftar. Iftar is the Arabic word for the meal that we eat to break our hours-long fast. There are so many versions of this word that span languages and regions. This is a word that is much anticipated and met with excitement.

Serves: 6

For the bulgur

200g butter
2 onions, diced
¼ teaspoon ground cinnamon
1 teaspoon ground cumin
1 tablespoon salt
500g bulgur wheat
500ml hot vegetable stock or water

For the lamb

1kg boneless lamb, thinly sliced
2 teaspoons salt
3 tablespoons oil

Start by making the bulgur. Put the butter in a large pan over a high heat and melt and brown it till it smells very toasted and you can see the toasted milk solids.

Add the diced onions and cook till the onions are starting to soften and break under the pressure of the spoon. Now add the ground cinnamon, ground cumin and salt and cook through on a low heat.

Rinse the bulgur wheat under cold water till the water runs clear. Drain and add the bulgur to the onion mix, stir in the pan over a medium heat and toast for 5 minutes. Increase the heat to high, pour in the hot vegetable stock or water and bring the whole thing to a boil until the water has

75g sumac

For the dressing

2 lemons, zest and juice
3 tablespoons honey
6 cloves of garlic, peeled
small handful of fresh parsley
small handful of fresh coriander
100g toasted pine nuts
100ml olive oil
large pinch of salt
pomegranate seeds, for sprinkling

evaporated completely. Pop a lid on and leave to steam for 20 minutes on the lowest heat.

For the lamb, put your thinly sliced pieces of lamb into a bowl with the salt, oil and sumac. Mix through till you have everything really well combined.

Put a griddle pan on to a high heat and griddle the pieces of lamb into a few pieces at a time, till you have done all the lamb, then set aside to rest.

Make the dressing by putting the lemon zest and juice into a food processor, along with the honey, garlic, fresh parsley, coriander, toasted pine nuts, oil and a pinch of salt and blend to a rough paste.

Spoon the bulgur out on to a large platter, lay the lamb slices on top and drizzle generously with the dressing. Sprinkle over the pomegranate seeds and serve in the middle of the table.

Bulgar Pot

Aleppo, Syria

MUSHABBAK

Semolina Churros

If you like a deep-fried dessert that is sweet and crunchy, then this is for you. The semolina gives this yeasted dough the perfect crunch. Served with a pistachio cream, it is a sight for sore eyes.

Makes: 50–60 Mushabbak

For the dough

450g fine semolina
70g plain flour
50g caster sugar
15g fast-action yeast
½ teaspoon baking powder
½ teaspoon salt
3 tablespoons oil
300ml lukewarm milk
oil, for frying

For the syrup

400g caster sugar
420ml water
1 lemon, juice only
1 teaspoon rose extract
pinch of salt

For the dough, start by putting the fine semolina in a bowl with the plain flour, caster sugar, yeast, baking powder and salt. Whisk so everything is well combined.

Make a well in the centre, pour in the oil with the lukewarm milk and whisk till you have a smooth batter. Cover with a tea towel and leave to sit for 15 minutes.

Meanwhile, make the syrup by putting the caster sugar in a pan with the water, lemon juice, rose extract and salt. Bring the whole thing to the boil and simmer for just 5 minutes and then take off the heat.

Now it is time to deep fry the batter. Pour the oil into a large pan, adding enough to go two-thirds of the way up. Bring the oil to 180°C.

Spoon the batter into a piping bag with a star tip attached. Squeeze the batter into the oil in 2-3cm pieces and cut, then keep doing this till you have a

For the cream

200g pistachios, toasted
100g icing sugar
50ml olive oil
½ teaspoon salt
8 tablespoons milk

few in the pan without overcrowding. Fry till golden, making sure to turn as and when you need to.

Use a slotted spoon to remove from the pan and add straight into the syrup to soak for 10 seconds, then take out and leave on a plate. Do this till you have finished all the batter.

For the cream, put the pistachios into a food processor with the icing sugar, oil, salt and milk and blend to a smooth paste. You can use this cream as a dip or you could also put it in a piping bag and pipe all over the fried delights before serving.

Mushabbak

Malaysia

VEGETABLE TOFU CURRY

with Nasi Goreng Ikan Billis

I love food from different parts of the world, but sometimes meeting someone who is from a part of the world that I have never travelled to can spark my curiosity. I love the flavours of Singaporean cooking and the blend of spices and coconut milk, and I love this curry made with tofu and served with anchovy rice. So much happening, and all in a good way!

Serves: 6

For the paste

1 onion, roughly chopped
1 bulb of garlic, cloves peeled
8cm piece of peeled ginger, roughly chopped
2 lemongrass stalks, roughly chopped
8 fresh/dry lime leaves
2 limes, zest and juice
small handful of fresh coriander with the stalks
2 tablespoons coriander seeds, toasted
1 teaspoon whole black peppercorns

Let's start by making the paste. Put the onion, garlic, ginger, lemon-grass stalks, lime leaves, zest and juice of the limes, coriander with the stalks, coriander seeds, peppercorns, fish sauce and oil in a blender or food processer. Blend the ingredients for a few minutes. Now pour in the water and blend to a smooth paste.

Take a large pan and pop over a medium heat. Put the paste mixture in the pan and start to cook the paste – this will really enhance these great flavours further. Cook till the paste starts to come away from the sides and is much darker in colour.

Now add the tofu and aubergine and cook in the paste for just a few minutes. Pour in the coconut milk and leave to simmer till the sauce is as thick as the consistency of double cream. Cook gently

4 tablespoons fish sauce
100ml oil
100ml water

For the tofu

2 × 280g packs of firm tofu, diced into 2cm cubes
1 large aubergine, diced into 2cm cubes
2 × 400ml tins of coconut milk
260g mangetout

For the rice

100g anchovy fillets with the oil
3 × 250g packets of microwave rice or 750g leftover cold rice
1 bunch of spring onions, thinly sliced

For the eggs

6 eggs
oil, for frying
chilli flakes

To serve

handful or fresh coriander, chopped
lime wedges

for 30 minutes. Stir in the mangetout and cook for just another 10 minutes.

For the rice, put the anchovies and oil into a hot wok, then break the fillets down to a paste. Add the rice and stir through, then add the spring onions, stir again and set aside.

Fry the eggs in hot oil in a frying pan till you have an egg that is frilly around the edges with a runny, warm yolk. Sprinkle chilli flakes over the eggs.

Serve the eggs with the rice and the curry, sprinkling over a generous amount of fresh coriander and serving with lime wedges.

Vegetable Tofu Curry

Malaysia

COCONUT ICE CREAM

Ice cream is a great way to explore the many intense flavour combinations in Malaysian cuisine. I love this coconut ice cream recipe, it's so simple to make and you get the creamy coconut with the hint of salty peanut. Perfect for a light dessert after dinner.

Serves: 6

For the ice cream

50g desiccated coconut
3 × 400ml tins of coconut cream, chilled
397g tin of condensed milk
1 tablespoon vanilla extract

To serve

3 tablespoons unsalted butter
200g peanuts, roughly chopped
large pinch of salt

Start by putting the coconut in a small non-stick pan and toasting till the coconut is very golden. Set aside to cool completely, which won't take long.

Put the coconut cream in a bowl with the condensed milk and vanilla extract and whisk till thick and fluffy. Add the toasted coconut and mix through.

Transfer the mixture to a freezer-safe Tupperware, pop the lid on and leave to freeze overnight.

Make the topping by melting the butter till it is golden and brown. Add the peanuts, mix through and cook in the butter till the nuts are dark brown. Take off the heat and sprinkle in the salt.

Take the ice cream out 15 minutes before serving. Scoop into dishes, sprinkle over the peanuts and serve.

Coconut Ice Cream

Algeria

TAGINE DE POULET

Chicken Tagine served with Beid Hamine and Rice

Algerian food is something my mind never even ventured to until a few years ago when I realized there were so many Algerian Muslim pop stars in the charts, which twigged my curiosity, though less for the music and totally for the food. Algerian food has been heavily influenced by Arab countries, Berbers, Turks and Europeans. This chicken is so light, yet hearty and warming. Served with rice and some onion and coffee-infused eggs, you will love this.

Serves: 6

- oil, for frying
- 1 bulb of garlic, cloves peeled and thinly sliced
- 2 onions, thinly sliced (reserving the skins for the beid hamine)
- 1 tablespoon salt
- 6 chicken thighs, bones still in, skin still on
- 3 medium potatoes, peeled and quartered
- 6 carrots, peeled and cut into 2-3cm pieces
- 2 teaspoons ground cinnamon

Start with enough oil in a large pan to lightly cover the base. When the oil is hot, add the garlic and fry till very golden brown. Now add your onions with the salt and cook till the onions are really soft.

Add your chicken thighs, potatoes and carrots, then add all your spices and mix through to make sure everything is combined. Add the preserved lemons, green olives and stock. Mix and bring everything to the boil, then leave to simmer for 30 minutes with the lid on.

Now let's get on to the beid hamine. Put the eggs in a pan with the onion skins, coffee grounds and salt. Pour in as much cold water as you need to cover the eggs and bring to the boil, then leave to simmer for 10 minutes till you have hard-boiled eggs. Take

2 teaspoons ground turmeric
4 teaspoons ground cumin
3 teaspoons paprika
3 preserved lemons, quartered
200g whole green olives
700ml chicken stock or water
4 tablespoons cornflour
4 tablespoons cold water

For the beid hamine

6 eggs
skins of 2 onions (see above)
1 tablespoon coffee grounds
1 tablespoon salt
cold water, to cover

For the rice

600g basmati rice
750ml cold water
1 large cinnamon stick
2 teaspoons salt

To serve

fresh parsley
fresh coriander

the eggs out, crack the shells all over, put back into the hot liquid and leave to sit.

Take the rice and wash it till the water is completely clear. Drain and put into a pan with the cold water and stick of cinnamon. Bring the rice to the boil, stirring to stop it from sticking to the base, and boil till you can see every grain of rice and the water has evaporated. Pop the lid on and leave to steam on the lowest heat.

To finish the chicken off, take off the lid, mix the cornflour with the water and add to the pan. Mix and allow to thicken for 10 minutes.

Drain the eggs and peel them. Sprinkle the fresh parsley and coriander over the chicken and everything is ready to serve.

Tagine de Poulet

Algeria

BAGHRIR

Yeasted Semolina Pancakes

If you love pancakes, then you will love these. Baghrir are made with yeast, so they have that delicious deep flavour of yeast and yet are just so soft and versatile. I love to serve these with honey mixed with lavender for something a little bit different.

Serves: 6

For the pancakes

290g fine semolina
90g plain flour
14g fast-action yeast
2 teaspoons baking powder
1 teaspoon sugar
1 teaspoon salt
710ml lukewarm water

For the lavender honey

227g jar of runny honey
100g butter, melted
Fresh lavender

Start by making the batter for the pancakes. Put the semolina, plain flour, yeast, baking powder, sugar, salt and water in a blender. Blend to a smooth batter, transfer to a bowl, cover and set aside for 15 minutes.

Heat a non-stick pan on a medium to low heat, give the batter a good stir and spoon in 2 tablespoons, encouraging a round shape, and cook for 3–4 minutes till dry and lots of holes are created on the surface. Don't be tempted to flip it over or we will lose the holes. Once cooked, set aside on a serving dish and continue till you have made them all.

For the lavender honey, put the runny honey, butter and just 1 small sprig of lavender in a blender (or use a stick blender) and blend till you have an even mixture. Pour into a serving dish and serve alongside the hot pancakes.

Baghrir

Somalia

LAMB SUQAAR

with Injera *(Pancakes)*

Somali food is right up there as one of my favourite cuisines. The flavours are always rich and deep, as they are in this lamb suqaar, where it is the intensity of the toasted coriander seeds that takes it to another level of deliciousness. I also love making my version of injera – fermented pancakes. They are traditionally made with teff flour, something that I don't find easy to source, but after a little trial and error I realized we can get close-ish to the real thing using wholemeal flour.

Serves: 6

For the injera

250g wholemeal flour
125g plain flour
14g fast-action yeast
1 teaspoon salt
½ teaspoon baking powder
680ml lukewarm water
2 tablespoons apple cider vinegar
oil, for greasing

For the lamb suqaar

100ml oil
2 onions, finely diced
1 tablespoon salt

Start by making the batter for the injera. Put the wholemeal and plain flours in a bowl along with the yeast, salt and baking powder. Whisk the dry ingredients so they are mixed well. Make a well in the centre, add the warm water and vinegar and whisk till everything is combined and there are no dry spots of flour. Cover and leave the batter to rest for an hour.

Meanwhile, let's make the lamb suqaar. Pour the oil into a large pan and warm the oil on a high heat. Add your onions in along with the salt and cook the onions till they are deep dark brown, which can take about 12 minutes, making sure to stir occasionally.

2 peppers, diced
3 tablespoons garam masala
4 tablespoons coriander seeds, toasted till dark in colour, lightly crushed
3 tablespoons tamarind paste
1kg diced boneless lamb

For the tomato paste

3 tomatoes
8 cloves of garlic, peeled
small handful of fresh coriander

To serve

handful of fresh coriander, finely chopped
lemon wedges

Now add your diced peppers and garam masala and cook till the peppers are soft. Add the toasted coriander seeds and tamarind and mix through for a minute. Get your lamb in and cook through on a high heat till the meat begins to brown.

Meanwhile, make the tomato paste by putting the tomatoes, garlic and coriander in a blender and blending to a smooth paste. Pour this straight on to the lamb and cook on a medium to high heat till all the moisture has evaporated and you have a thick sauce that coats the meat. This can take 30–40 minutes.

While that cooks away, make the injera. Take a medium non-stick pancake pan and place it on a medium heat. Brush very lightly with a small amount of oil.

Pour a ladleful of batter into the pan, spread around the edges to form a circle and then carefully swirl the pan to fill the centre, adding more batter if you need to. Leave to cook for about 3 minutes till dry on top, then flip over for 10 seconds and slip on to a plate and cover with a tea towel while you make the rest.

To serve, place an injera on a plate, add the lamb in the centre, sprinkle over the coriander and enjoy with lemon wedges on the side.

Lamb Suqaar

Somalia

PUFF PUFFS

If you like doughnuts, you will love these. A yeasted dough that is dropped into hot oil to create these yummy, moreish, too-good-to-stop puff puffs.

Makes: 25–30 puff puffs

For the batter

600g plain flour
10g fast-action yeast
150g caster sugar
½ teaspoon salt
550ml lukewarm water
oil, for frying and greasing

For the chocolate sauce

300g white chocolate
200ml double cream
1 tablespoon butter
4 cardamom pods, husks removed and seeds crushed to a fine powder

Start by making the batter. Put the plain flour in a bowl with the yeast, caster sugar and salt and mix really well. Pour in the lukewarm water and mix till you have a smooth batter and no spots of flour. Cover and set aside.

While that sits, let's make the chocolate sauce by breaking up the chocolate into a jug. Put the double cream into a small pan and bring to the boil. As soon as it comes up to the boil, remove and pour straight on to the broken chocolate, leaving it to sit for 3 minutes.

Add the butter and cardamom powder and use a stick blender to make a smooth chocolate sauce. Set aside and let's start to fry the puff puff.

Take a large pan and fill with oil about two-thirds of the way up. Heat the oil to 180°C. Have a tray lined with kitchen paper to absorb any excess oil and a slotted spoon at the ready.

The batter for the puff is really sticky and gloopy, so grease an ice cream scoop, pick up a scoop and

drop it into the oil, greasing your scoop if and when it needs oiling. Keep doing this till you have fried them all.

Pop the puff puffs on to a serving platter and serve with the white chocolate sauce in the centre or drizzle all over.

Puff Puffs

Egypt

KHOSHARI

with Buftek

We stopped off at the airport in Egypt on a trip abroad and amongst all the fast-food chains there was a place that served upkhoshari, all made up in bowls, ready to eat. It literally had every-thing we needed to fill ourselves up before the flight. If you enjoy lots of textures and flavours, you will love everything about this.

Serves: 6

For the buftek

6 beef rump steaks
2 onions, blended to a purée
2 teaspoons salt
4 teaspoons ground black pepper
2 medium eggs, lightly beaten
250g dried white breadcrumbs
oil, for frying

For the khoshari

300g basmati rice
450ml cold water
1 large cinnamon stick
oil, for frying
3 onions, thinly sliced

We should begin by prepping the beef steaks. Use a meat hammer to bash each steak till it is thin, about 25mm. Put the steaks on a large tray.

Put the blended onions in a bowl with the salt and pepper and mix through well. Now smother the mixture all over the beef steaks, cover and leave to marinate for 4 hours.

After 4 hours, take each steak and dip into the beaten egg, then coat generously with the breadcrumbs. Set aside on a tray.

Now on to the khoshari. This is all about the different layers and textures. So, let's start with the rice.

Wash the rice till the rice water runs completely clear. Put the rice in a pan with the cold water and the cinnamon stick. Cook the rice by bringing to

8 cloves of garlic, minced
2 teaspoons salt
400g carton of passata
2 teaspoons chilli flakes
2 teaspoons apple cider vinegar
100g salted butter
3 teaspoons ground cumin
200g macaroni
400g tin of brown lentils, drained and rinsed
400g tin of chickpeas, drained and rinsed
fresh chives, for sprinkling
lime wedges, to serve
salt

the boil and stirring occasionally to stop the grains from sticking to the base. Once all the water has evaporated, lower the heat completely, put the lid on and leave to steam.

Now on to the tomato sauce. Pour the oil into a pan, enough to cover the base in a thin, even layer. Get the oil nice and hot. As soon as it's hot, add the thinly sliced onions, making sure to separate them with your hands as you drop them in.

Fry the onions till they are crisp and very golden brown. You may need to do this in two batches dependent on your pan size. Remove the onions with a slotted spoon on to a plate lined with kitchen paper to drain. Sprinkle salt over generously to keep the onions crisp.

To the same pan, add the minced garlic, making sure the oil is still hot and adding a little more oil if you need to. Fry till golden. Add the salt and the passata, along with the chilli flakes and apple cider vinegar and cook over a medium heat for 10-15 minutes till thickened. Set aside.

Take the rice off the heat. In a small pan, warm the butter till melted and browned slightly. Add the ground cumin, mix through, and drizzle all over the rice. Fluff up the rice and set aside with the lid on.

Now boil the macaroni till tender and not too soft or as per the instructions on the packet. Make sure to season the water really well.

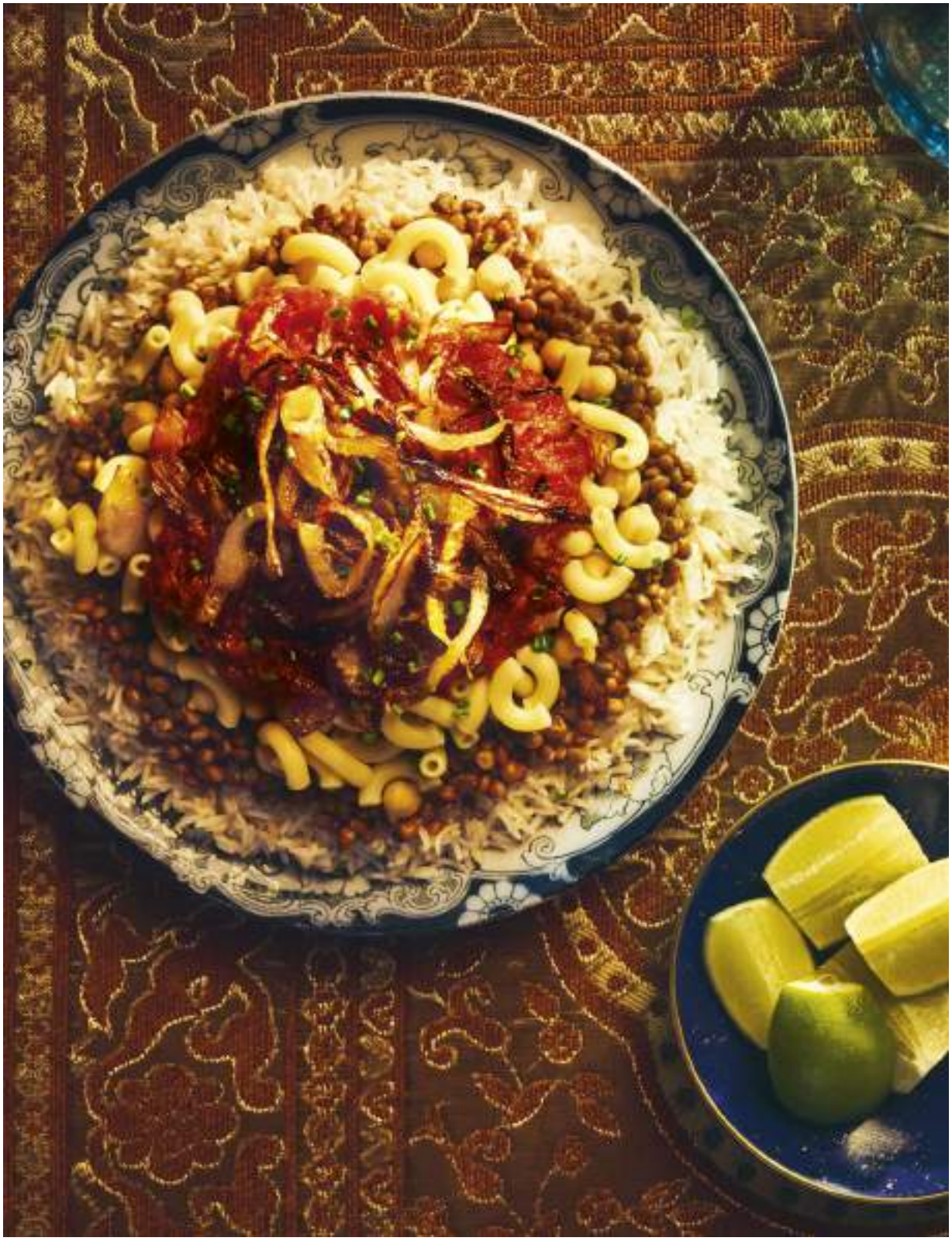
While the pasta is boiling, pour some oil into a large frying pan, enough to cover the entire base,

and fry the beef in batches (you may need to do these two at a time). Fry for 5 minutes on each side, till golden brown and cooked through. Repeat for the rest of the steaks.

Drain the pasta and we are ready to begin layering the khoshari. Take a large platter and layer the rice on first in one even layer, removing the cinnamon stick. Add the layer of lentils and season with salt, then the chickpeas and season again. Add the macaroni, top with the tomato sauce and then the crispy onions.

Sprinkle over the chives and it is ready to eat. Plate up with lemon wedges and enjoy.

Khoshari



Egypt

UMM ALI

This is very similar to the traditional bread-and-butter pudding but made with croissants. You can use any stale bread, but I love the buttery nature of the croissant. Simply spiced, bursting with raisins, this dessert is perfect for making in advance and enjoying in the middle of the table with family.

Serves: 6

butter, for greasing
950ml whole milk
½ × 397g tin of condensed milk
1 teaspoon ground cardamom
1 teaspoon ground cinnamon
2 teaspoons vanilla extract
6 large croissants
100g raisins
3 tablespoons desiccated coconut
25g almond flakes
double cream, to serve

For the rose honey

4 dried rose buds
¼ teaspoon salt
200g honey

Start by greasing a 31cm × 20cm roasting dish with some soft butter. Set that aside.

Pour the whole milk, along with the half tin of condensed milk, into a jug. Sprinkle in the ground cardamom, ground cinnamon and vanilla extract. Whisk it all together and set aside.

Take the large croissants, rip into pieces and get them into the buttered roasting dish. Pour in the milk mixture and leave the whole thing to soak for 30 minutes.

Preheat the oven to 170°C.

Before baking, sprinkle over the raisins, desiccated coconut and almond flakes. Bake for 25 minutes, till the top is golden brown. Take out and leave to cool for 15 minutes before eating.

Make the rose honey by putting the dried rose buds in a mortar and pestle with the salt and crush

the petals to a fine powder. Add the honey and the rose to a small bowl and mix well.

Serve a portion of the pudding drizzled all over in the honey, pour on some double cream and enjoy.

Umm Ali

Maldives

KANDU KUKULHU

Maldivian Tuna Curry with Rice

My husband has relatives who live and work in the Maldives and that got me thinking about all the delicious things that they could be eating on those sunshine islands. Tuna curry is a whole thing out there and I love making this delicious curry that cooks tuna in a way that doesn't dry it out at all. Aromatic with cardamom and creamy with coconut.

Serves: 6

For the curry

- 3 tablespoons coconut oil
- 10 fresh/dry curry leaves
- 2 cardamom pods, husks removed and seeds only
- 4 cloves of garlic, minced
- 5cm piece of peeled ginger, minced
- 2 onions, finely diced
- 2 teaspoons salt
- 2 teaspoons ground fennel
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric

Start by making the curry. Get a large pan and put it over a medium heat. Pour in the coconut oil and let the oil warm up. As soon as the oil is warm, add the curry leaves and cardamom seeds. As soon as the seeds start popping, add the minced garlic and ginger and gently begin cooking through.

Add the onions and the salt and cook over a medium heat till the onions are a golden brown and very tender – soft enough so that if the onions are pushed with a spoon they disintegrate. Now add the ground fennel, cumin, turmeric and chilli powder.

Cook the spices for a few minutes and then pour in the coconut milk along with the red pepper chunks and cook till the sauce is lovely and thick. Add the fresh spinach and cook with the lid on for 20 minutes. Five minutes before the end of the

2 teaspoons chilli powder
2 × 400ml tins of coconut milk
1 large red pepper, cut into chunks
100g fresh spinach
600g tuna chunks

For the rice

600g basmati rice
900ml cold water
1 teaspoon salt
75g butter
25g desiccated coconut

To serve

handful of fresh coriander
sliced red chillies
lime wedges

cooking time, add in the fresh tuna chunks. Stir to coat in the sauce, put the lid back on and cook until the fish is just cooked through.

For the rice, wash the basmati till the water runs completely clear. Pop the rice back into a pan with the cold water and salt and bring to a boil, making sure you stir occasionally. As soon as every grain is visible and the water has evaporated, reduce the heat and leave the lid on to allow it to steam for 10 minutes. Once the rice has cooked, take off the heat.

Melt the butter in a small pan and toast the coconut in the butter till golden. Add the coconut to the rice and fluff through.

Take the curry off the stove and serve with sprinklings of fresh coriander and chilli and the lime wedges alongside the rice.

Kandu Kukulhu

Maldives

BIS HALVA POTS

Maldivian Custard with a Tropical Fruit Salad

Usually served as custard slices, I like to make these in pots just to make life a little easier and let them set in there. Best served with lots of colourful tropical fruit.

Serves: 4

For the custard

12 medium eggs
397g tin of condensed milk
120g clarified butter, plus extra for greasing

For the tropical fruit salad

1 large mango, cut into chunks
567g tin of lychees in syrup, drained
1 dragon fruit, cubed
1 pomegranate, seeds removed

Start by making the custard. Put the 12 eggs in a large heatproof bowl along with the condensed milk. Whisk well, place the bowl on top of a pan of simmering water and cook the eggs till they are hot and thicker. This can take about 20 minutes.

Pop a non-stick pan on to a low heat. Add the clarified butter and melt. Pour in the egg mixture and cook till the mixture starts to pull away from the sides. This can take about 40–45 minutes. As soon as you get it to this stage, pour the mixture into four pots.

Set in the fridge overnight.

Before taking out to serve, make the fruit salad by putting the mango, lychees, dragon fruit and pomegranate seeds in a bowl and mixing them all up.

Serve the custard pots with the fruit on top.

Bis Halva Pots

Libya

KUFTA BIN BATINIAL

If you love aubergines, you will love this recipe. Grilled aubergine slices, filled with delicious mince and baked to perfection.

Serves: 6

For the aubergines

3 large aubergines
oil, for drizzling
salt

For the sauce

oil, for frying
4 cloves of garlic, thinly sliced
1 red pepper, finely diced
4 teaspoons chilli flakes
1 teaspoon salt
2 × 400g tins of chopped tomatoes

For the kofta

1kg beef mince
3 cloves of garlic minced
1 onion, finely diced
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon ground nutmeg

Start by preparing the aubergines by cutting them into ½ cm slices across their length, so they are paddle shapes rather than rounds.

Preheat the oven to 200°C. Have a roasting dish at the ready to assemble the dish.

Lay the aubergine slices on a flat sheet, drizzle over some oil and sprinkle over some salt. Bake for 20 minutes or until they are soft enough to roll. Take out and leave to cool.

Make the sauce by putting the oil in a pan with the garlic and cooking until the garlic is golden. Add the red pepper and chilli, along with the salt, and cook till the pepper is tender. Pour in the tinned chopped tomatoes and cook till the mixture just starts to thicken and is less watery. Take off the heat.

For the kofta mix, put the mince into a bowl with the minced garlic, onion, salt, ground cumin, nutmeg, black pepper and cinnamon. Get your hands in and make sure all the dry spices have combined into the mince. Now add the eggs,

1 teaspoon ground black pepper
1 teaspoon ground cinnamon
2 eggs, lightly beaten
large handful of fresh parsley, chopped
80g dried white breadcrumbs

To serve

small handful of fresh parsley, chopped

parsley and breadcrumbs and give everything a thorough mix.

Take your cooled aubergine flats, add the mince to the thickest part and roll to envelop the mince. Repeat with all the aubergine slices and lay them into the roasting dish. Once they are all packed in, spread over the tomato sauce and bake in the oven for 40 minutes.

Take out and leave to cool for 10 minutes before eating. Sprinkle over some parsley to serve.

Kufta Bin Batinial

Libya

DIBLAH

These diblah are not just fun to make, they are also delicious to eat. The crisp pastry is fried in swirls till crisp and then dipped into a sugary sweet syrup.

Makes: 15 diblah

For the pastry

375g plain flour
1½ teaspoons baking powder
3 tablespoons melted unsalted butter
3 medium eggs, lightly beaten
2 teaspoons vanilla extract
6 tablespoons cold water
6 teaspoons orange blossom water
oil, for frying

For the syrup

600g caster sugar
300ml water
6 tablespoons honey
4 tablespoons orange blossom water

To serve

toasted sesame seeds (black and white),

For the pastry, put the flour in a large bowl with the baking powder. Drizzle in the melted butter and use your fingers to incorporate it into the flour.

Make a well in the centre, add the eggs, vanilla, water and orange blossom water and bring the dough together, using a knife to begin with and then getting your hands in and making sure there are no floury parts. Knead the dough till it is just smooth and shiny.

Cover with a damp tea towel and leave to rest for 30 minutes.

Make the syrup by putting the caster sugar, water, honey and orange blossom water in a small pan. Bring to the boil and allow the sugar to dissolve. Simmer for 10 minutes over a low heat and then take off the heat.

Now on to making the spirals. Take the dough and roll out on a lightly floured surface until the pastry forms a 30cm square. Cut that rectangle into 15 strips lengthways, that are 2cm wide.

optional

Pour the oil into a small frying pan with sides until about two-thirds of the way up. Heat until the oil is about 180°C.

Take one pastry strip and weave one end into the spike of a dinner fork. Holding on to the other end, dunk the fork and pastry slowly into the oil and spin your fork to create the spiral as the pastry lands in the oil. Leave the fork in while spiralling all the time, then gently remove the fork as soon as the spiral starts to hold its shape. While that cooks, do another.

When each spiral is ready, take out using a slotted spoon to remove any excess oil and then dunk it straight into the syrup. Take out with another spoon and place on to a rack for any excess syrup to drip off.

When they are all done, sprinkle with toasted sesame seeds, if you like.

Diblah

Bangladesh

MAAS BIRAN

with Baath and Tomato Sathni

This is the kind of thing that I make often. During Ramadhan as I experiment with other cuisines, this fried fish is a go-to for whenever we want a little taste of home. Simply fried, the sweet onions are what make this dish! Served with rice and charred tomato chutney, it is everything and more.

Serves: 6

For the fish

100ml oil
1 teaspoon ground turmeric
1 teaspoon salt
2 teaspoons chilli powder
6 large tilapia fillets

For the onion

100ml oil
4 cloves of garlic, minced
2 teaspoons mustard seeds
4 onions, thinly sliced
1 teaspoon salt
small handful of fresh coriander, thinly sliced

Let's start by marinating the fish. Put the oil in a jug along with the turmeric, salt and chilli powder and give it all a good mix. Put the fish on a tray and then pour the spiced oil all over the fish. Get your hands in and make sure it is all completely covered.

Take a large frying pan and fry the fish off a few fillets at a time over a high heat. This should take about 4 minutes on each side. Once you have fried them all, pop on to a plate and set aside.

Pour the oil for the onion into the same pan. As soon as the oil is hot, add the garlic and mustard seeds and cook until golden and the mustard seeds start popping. Now add all the onions with the salt and cook on a medium to high heat till the onions are caramelized. Add the coriander, fish and all the juices on top of the onions and leave to warm through with the lid off.

For the sathni

6 tomatoes, pierced
4 cloves of garlic, unpeeled
1 red onion, finely diced
½ teaspoon salt
small handful of fresh coriander
¼ lemon, juice and rind thinly sliced

For the rice

600g basmati rice
1 black cardamom pod
900ml cold water

For the sathni, take a blowtorch and blacken the tomatoes and the garlic completely. You can also do this under a grill, and remove as soon as they are completely black. Set aside to cool for a moment.

Put the red onion in a bowl with the salt, coriander, lemon juice and rind. Use your hands to macerate it all together. Chop the tomatoes and garlic, making sure to keep the skin of the tomatoes and the garlic. Add them in and mix altogether, using your hands.

For the rice, wash the basmati till the water runs completely clear. As soon as the water is clear, put in a pan with the black cardamom pod and cold water. Bring to the boil, stirring occasionally and making sure the rice doesn't stick to the base. As soon as the rice grains are visible and the water evaporated, reduce the heat, put the lid on and leave to steam for 15 minutes.

As soon as the rice is ready, serve with the fish and sweet onions with the sathni on the side.

Maas Biran

Bangladesh

MISHTI DOI

Sweet yoghurt

As yoghurts go, this yoghurt is elite. Many will think, well, why make it when you can buy it? You can buy it, but it will never be as good as when you make it from scratch. It's richer, creamier and sweeter, making it the perfect after-dinner dessert. We like to serve it with mango, banana and other fruit or, if you are hungry, you can eat it with hot rice.

Serves: 6–8

For the yoghurt

1 litre whole milk
180g caster sugar
200g live yoghurt

For the mango

450g tin of mango pulp
strawberries

To serve

bananas
biscuits

Start by making the yoghurt. Put the milk in a pan and bring to the boil. Leave to simmer for about 1 hour, or at least until the mixture has halved in liquid. Set aside and cool the milk for about 10 minutes.

Add the sugar and mix till the sugar has dissolved. Add the live yoghurt and whisk in well so everything is really well combined.

Preheat the oven to just 40°C. We are creating a warm environment for the yoghurt to set. Have a dish large enough for the mix to sit in an even layer.

Strain the mix through a sieve straight into the dish. Bake in the oven for 1½ hours. As soon as it has set, take out of the oven and pop into the fridge overnight.

To serve, take a dollop of the yoghurt, add a few spoonfuls of mango pulp and then sprinkle over some strawberries, bananas and crumbled biscuits.

Mishti Doi

Lebanon

DOLMAS, BATTATA HARA AND BABA GHANOUSH

Stuffed Vine Leaves, Spiced Potatoes and Aubergine Dip

I love Lebanese food because of how different it is to the types of foods we grew up with. The spicing isn't complicated and the flavours really shine. I love making dolmas as much as I like eating them. Perfect for a picky dinner with the battata hara and baba ghanoush, this is such a lovely way to break a fast.

Serves: 6–8

For the dolmas

180g basmati rice
375g lamb mince
3 teaspoons dried oregano
2 onions, very finely diced
small handful of fresh parsley, finely chopped
1½ teaspoons salt
1 tablespoon tomato purée
oil, for greasing
250g vine leaves

For the sauce

400g carton of passata

Start by making the dolma filling. Put the uncooked rice along with the lamb mince, dried oregano, diced onion, chopped parsley, salt and tomato purée in a large bowl. Get your hands in and mix everything really thoroughly, so the mixture is as even as it can be.

Preheat the oven to 180°C. Take a large casserole dish and grease the inside with some oil.

Take your vine leaves and with the widest end closest to you and the vein side up, add about a tablespoon of the mince mixture, fold over both sides and then the base, roll into fat cigar shapes and add to the casserole dish. Do this till you have finished all the vine leaves, or till you have finished all the mince. Pack them in side by side and on top of one another.

2 cloves of garlic, minced
½ teaspoon salt
150ml water

For the battata hara

100ml oil
4 cloves of garlic, minced
500g potatoes, peeled and cut into 2cm cubes
1 teaspoon salt
2 teaspoons chilli flakes
1 teaspoon paprika
1 lemon, juice only
small handful of fresh coriander, for sprinkling

For the baba ghanoush

3 large aubergines
3 cloves of garlic, peeled
1 lemon, juice only
4 tablespoons tahini
3 tablespoons olive oil
pinch of salt

Make the sauce by putting the passata, garlic, salt and water in a jug. Pour all over the dolmas. Cover in foil, add a weighted pan or a mortar on top and bake in the oven for 45 minutes.

While they bake, make the battata hara. Pour the oil into a large non-stick pan. As soon as the oil is hot, add the garlic and fry till golden.

Add the cubed potatoes and fry over a high heat so you get some fried marks on some of the edges. Keep frying, but with a lid on, for 10 minutes – just enough time for the potatoes to become tender. As soon as they become tender, take the lid off and crisp the potatoes up on a high heat.

Add the salt, chilli flakes and paprika and mix it all through. Squeeze the lemon juice in, add the coriander and it is ready. If the crispy potatoes stick to the pan, just leave to cool for a few moments and they'll come away cleanly without breaking up.

Now start on the baba ghanoush by turning on the grill or getting a gas hob on its highest heat. Pierce the aubergines and grill under a hot grill or over the hob until totally black and the flesh is very soft. Remove the flesh from the blackened skin and put the flesh into a food processor, along with the garlic, lemon juice, tahini, olive oil and salt. Blend to a smooth paste and transfer to a serving dish with an extra drizzle of oil.

Take the dolmas out of the oven, uncover and leave to sit for 10 minutes before tipping out on to

a large dish and serving with the battata hara and baba ghanoush.

Dolmas, Battata Hara and Baba Ghanoush

Lebanon

ZNOUD EL SIT

Filo Filled with Custard

These parcels are just joy wrapped in filo. The creamy interior is like a thickened custard, which works really well with the crunchy filo and sugar syrup. Lots of textures and flavours all at once.

Makes: 6 parcels

For the filling

500ml whole milk
5 tablespoons cornflour
1 tablespoon fine semolina
½ teaspoon ground cardamom
100g caster sugar

For the pastry/glue

270g pack of filo pastry, ready rolled (6 sheets)
5 tablespoons plain flour
5 tablespoons water
150g butter, melted

For the syrup

100g caster sugar
100g water
½ lemon, juice only

Start by making the filling. Pour the whole milk into a pan. Put the cornflour in a bowl, add 5 tablespoons of milk from the pan and mix together, then add the cornflour mixture back into the pan. Add the fine semolina, ground cardamom and sugar and whisk through.

Put the pan on a medium heat and keep whisking the whole time till the mixture is really thick. Take off the heat, transfer to a flatter dish and allow it some time to cool completely.

Have your pastry ready, the oven preheated to 180°C and a medium baking tray ready to place the parcels on when they are filled.

Make up the glue by putting the plain flour in a bowl with the water and mixing till you have a gloopy mixture.

Take one sheet of filo, leaving the sheets you're not working with under a damp tea towel. Place one-sixth of the cooled milk filling into the centre and

1 tablespoon rose extract

To finish

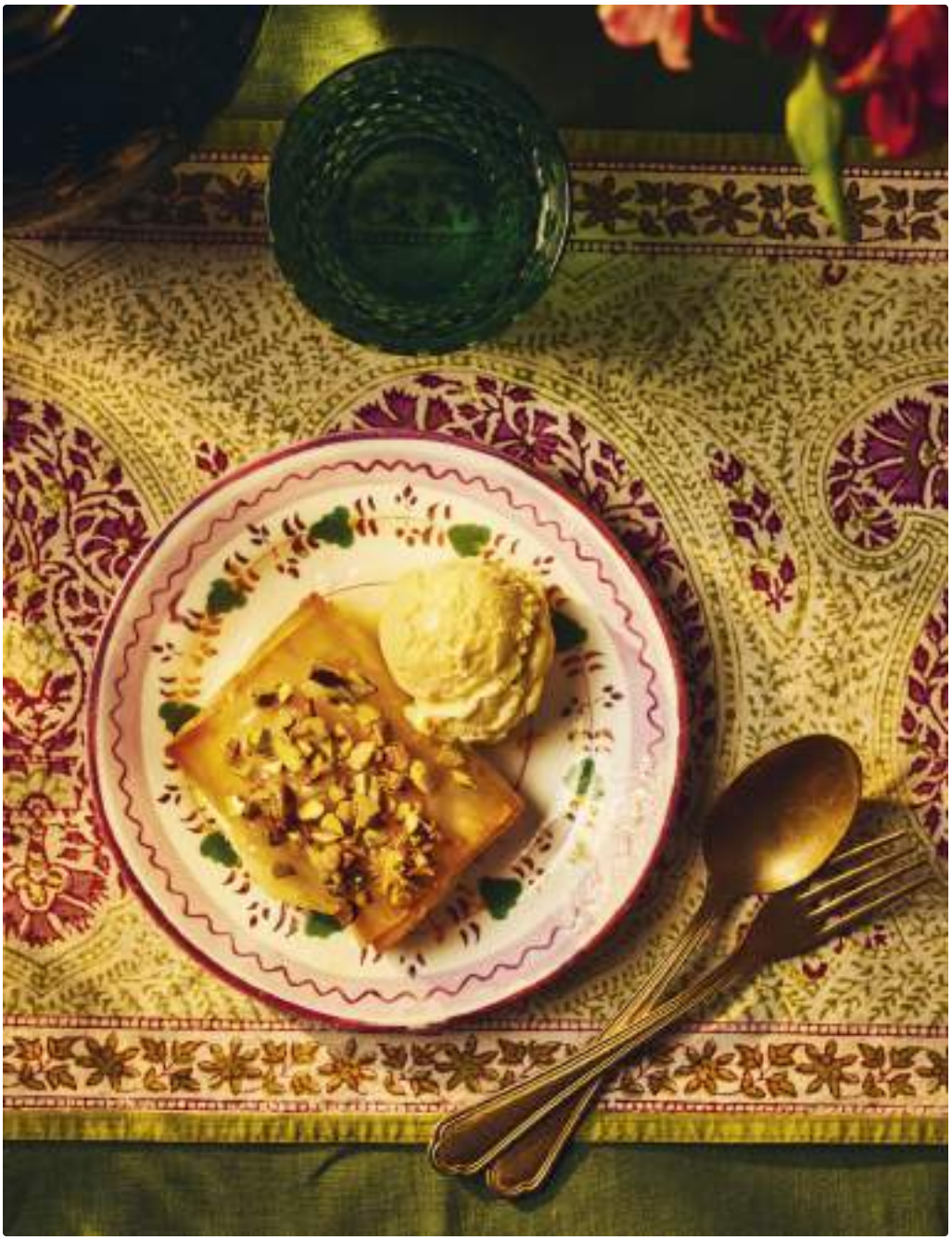
50g pistachios, roasted and roughly chopped

1 orange, zest only

fold the long sides over the filling. Fold over the long end closest to you and roll over till you have a small, square parcel. Brush the ends with the flour glue and set aside on the tray. Once you have done all six, butter all over. Bake in the oven for 20 minutes.

Meanwhile, make the syrup by putting the caster sugar, water, lemon juice and rose extract in a pan. Bring to the boil and leave to simmer for 10 minutes till the sugar has dissolved.

As soon as the filo parcels come out of the oven, pour the syrup all over. Sprinkle over the pistachios and zest the orange over them while they are all still hot. Serve up with a huge dollop of ice cream.



Znoud El Sit

Thailand

VEGETABLE PEANUT CURRY

with Sticky Rice

Since discovering that my family ancestry links to Thailand, it is the cuisine that sits right beside my Bangladeshi cooking. I am always learning and experimenting with Thai recipes. Of all the curries, this vibrant peanut vegetable curry is one of my favourites to make and share with my family, especially during Ramadhan.

Serves: 6

For the sticky rice

600g Thai sticky rice (found in most supermarkets)

For the paste

1 onion, roughly chopped
1 lemongrass stalk, roughly chopped
3 Thai red chillies
6 cloves of garlic
5cm piece of peeled ginger, roughly chopped
2 tablespoons fish sauce
1 lime, juice only
2 tablespoons chilli powder
1 teaspoon palm or brown sugar

Before we do anything, let's start by sorting out the sticky rice. By the time that is cooked, we will have this curry made.

For the sticky rice, you need to make sure you wash it really well till the water runs clear. You can use the hot tap water to remove the starch. When it runs clear, drain the rice in a colander that has very small holes so the rice grains don't escape.

Leave the rice to drain, then pop a pan on the hob that is big enough to suspend the colander at its rim. Pour some hot water into the base, bring the water to the boil and leave to simmer.

Put the colander in the pan, making sure the water doesn't touch the rice grains. Pop on a lid that fits the top of the colander and leave the whole thing to steam for 1 hour 30 minutes. Occasionally check that there is still hot water simmering in the base.

1 teaspoon ground cumin
1 teaspoon ground coriander
2 teaspoons shrimp paste

For the vegetables

oil, for frying
2 tablespoons smooth peanut butter
1 whole squash, peeled and chopped into chunks (700g)
4 medium potatoes, peeled and chopped into chunks
2 red peppers, chopped into chunks
2 × 400ml tins of coconut milk
400ml cold water
100g spinach, roughly chopped

To serve

200ml oil
150g peanuts
handful of fresh coriander, finely chopped
salt

If it is lacking, just top it up with water from the kettle.

Now let's make the paste by putting the onion, lemongrass, red chillies, garlic, ginger, fish sauce, lime juice, chilli powder, palm or brown sugar, ground cumin, coriander and shrimp paste in a food processor. Blend the whole thing till you have a smooth, even mixture. If you find it isn't shifting at all, add a small splash of water. Once that is done, set it aside.

On to the vegetables. Pour some oil into a frying pan and get the oil lovely and hot. Add the paste into the pan and cook for 5 minutes till it looks dry and is much darker in colour. Now add the smooth peanut butter and mix through.

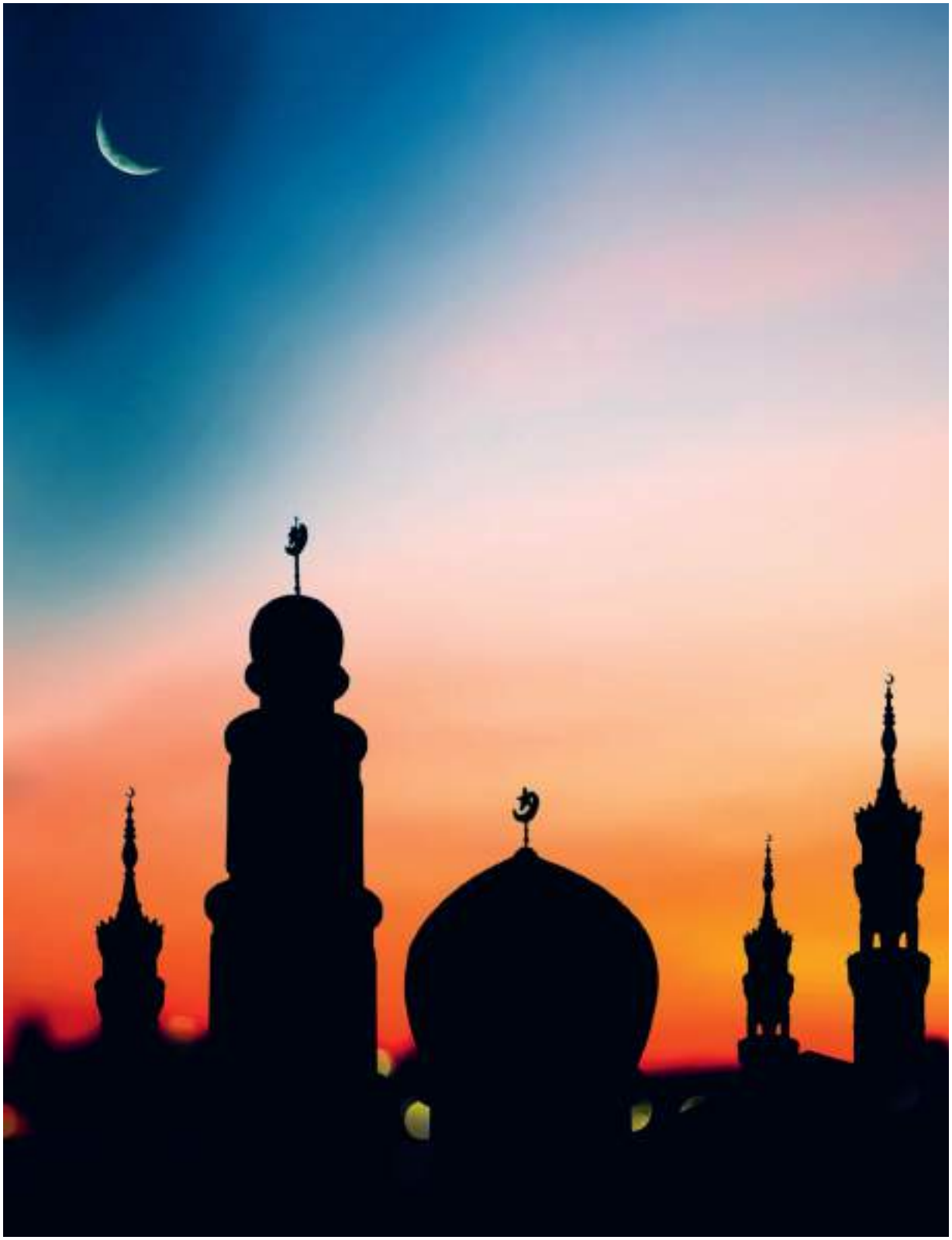
Lower the heat, get the squash, potato and red pepper in and give everything a good mix. Pour in the coconut milk and cold water and bring the mixture to the boil. As soon as it comes up to the boil, leave to simmer over a medium heat with the lid off for 30 minutes. As soon as the potatoes are tender, add the spinach in and mix through so it can wilt for 5 minutes.

To make the peanuts, pour the oil into a pan and get the oil hot. Add the peanuts and fry till golden brown. Drain on to a plate with kitchen paper and sprinkle over some salt. Be sure to use your leftover home-made peanut oil for other recipes when it has cooled down.

Now it's time to serve. Take your sticky rice and serve some curry alongside, sprinkling over the

salted fried peanuts and chopped coriander.

Vegetable Peanut Curry



Mauritius

BANANA SPRING ROLLS

Bananas and coconuts play a huge role in making sweet treats, so I wanted to make a quick recipe that combines the best of both. Bananas wrapped in buttery filo, dipped in coconut and fried. Serve warm with the salted caramel and dollops of ice cream.

Makes: 6 spring rolls

For the spring rolls

270g pack of filo pastry, ready-rolled (6 sheets)
200g salted butter, melted, plus extra for frying
6 medium bananas, peeled
2 medium eggs
2 tablespoons caster sugar
1 tablespoon whole milk
100g desiccated coconut

For the salted caramel

140g soft brown sugar
2 tablespoons golden syrup
50g unsalted butter

For the spring rolls, get the filo pastry out and lay a sheet out flat, leaving the sheets you're not working with under a damp tea towel. Brush the surface of the entire sheet with melted butter. Place a banana on the shorter end of the pastry and roll the banana tightly all the way across till you have used up all the pastry.

Press the banana down now so you remove that domed effect and have more of a flat filo roll. You should see the banana squeeze all the way to the ends of the pastry. Lay on a baking tray and do the same with the rest of the sheets.

Put your eggs, caster sugar and whole milk in a shallow dish and whisk till everything is combined. Lay the desiccated coconut on another plate in an even layer.

Dip each banana filo roll into the egg mixture and then straight into the coconut. Set each one back on the tray.

300ml double cream
large pinch of rock salt

Before you fry these, let's make the salted caramel. Put the brown sugar, golden syrup and butter in a pan and heat till the sugar has somewhat dissolved and the butter melted. Pour in the cream, mix and bring to the boil. As soon as it boils, add the salt, reduce the heat and let the salted caramel thicken over the lowest heat.

Now let's fry the banana filo rolls. Put a large dollop of butter in a frying pan and heat the butter up till frothing. Add the filo banana rolls in carefully and fry till golden, toasted and buttery. You may need to do this in batches depending on the size of your frying pan.

Take the caramel off the heat. Serve the spring rolls while still warm, with a drizzle of salted caramel and a dollop of ice cream.

Banana Spring Rolls

Mauritius

FISH ROUGAILLE

Fish curry

We grew up with Muslim Mauritian neighbours, who spoke French. Their cuisine was entirely different to ours and it intrigued me even as a young child. So, I wanted to share a recipe that I once tried at their house of fish rougaille, which I think you will love.

Serves: 6

For the roti

600g plain flour, plus extra for dusting
1 tablespoon salt
4 tablespoons oil, plus extra for brushing
300ml hot tap water
oil, for frying

For the rougaille

4 teaspoons oil
3 cloves of garlic, minced
1 onion, finely diced
2 teaspoons salt
2 teaspoons ground cumin
3 teaspoons paprika
150ml cold water
3 teaspoons apple cider vinegar

Let's make a start by preparing the roti. Put the plain flour in a bowl with the salt and use your hands to mix through. Drizzle in the oil and again use your hands to combine the oil into the flour.

Make a well in the centre and pour in the hot water. Bring the dough together with a palette knife and then get your hands in and bring it together so you have no more dry, floury spots. Put the dough on a work surface and knead till the dough is smooth and shiny. Place back in the bowl, cover and leave till you are ready to make the roti.

Start on the rougaille. Heat the oil in a large pan over a medium heat. As soon as the oil is hot, add the garlic and fry till golden. Add the onion with the salt and cook till the onions are soft and brown.

Add the cumin and paprika and cook through for a few minutes. Pour in the cold water, apple cider vinegar and passata and cook for 10 minutes till the mixture is drier and less watery. Add the

400g carton of passata
800g white fish, cut into chunks
large handful of fresh coriander, finely chopped

chunks of fish, mix through and leave covered to cook through.

Now make the roti. Divide the dough into 12 equal pieces by cutting the mound into triangles. Roll each ball out on a floured surface into an approximately 20cm round.

Brush the surface of the round with oil and sprinkle with flour. Fold two edges over into the centre. Brush the strip with oil and sprinkle with flour. Fold one third into the centre and then the other third. Turn over and what you should be left with is a neat square. Roll that out to about 15cm - it needs to be nice and thin.

Pop a non-stick frying pan on the hob and over a medium to hot heat, cook the square for 3-4 minutes on each side, brushing with oil while cooking. Repeat with the rest of the roti to make all 12.

Serve the curry with coriander and the roti.

Fish Rougaille

Mauritius

NAPOLITAINES

If you love icing, you will love these biscuits. Two buttery, shortbread-type biscuits sandwiched with a tart jam and then covered in a runny icing are perfect for after dinner and great to share with neighbours as an iftar offering.

Makes: 12 biscuits

For the biscuits

250g plain flour
175g unsalted butter, cubed
seedless raspberry jam, for the filling

For the icing

200g fondant icing sugar, sifted
1 teaspoon rose water
2–3 tablespoons cold water
pink gel food colouring
edible gold lustre, to finish

Let's start by making the dough for the biscuits. Put the flour in a large bowl along with the cubed butter and rub the butter into the flour till you have a dough that comes together. Wrap the dough ball in cling film and leave to chill for at least 30 minutes–1 hour.

Preheat the oven to 180°C. Line a baking tray with some baking paper and set aside.

Between two sheets of cling film, roll the dough out to about a 5mm thickness. Use a 4½cm round cutter to cut out 24 rounds.

Bake in the oven for 12–14 minutes, till just light golden brown. Take out of the oven and leave to cool on the tray completely.

Once they are cool, sandwich two biscuits together with the jam, doing the same for all of them. You should have 12 sandwiched biscuits. Place them on a wire rack with a tray underneath to catch any spillage.

Make the icing by putting the icing sugar in a bowl with the rose water. Add the water 1 tablespoon at a time till you have an icing that is still thick enough to coat the back of the spoon. Add the gel food colouring and mix well till you have a pale pink colour.

Spoon the icing all over each biscuit till they are coated entirely, then use the bristles of a brush to splash gold lustre over each biscuit. Leave to air dry for a few hours or overnight before you eat them.

Napolitaines

Iran

KHORESH ALOO ESFENAJ with Tahdig

Spinach Chicken with Crispy Rice

Iran is comprised of many ethnic groups and so the cuisine, Persian at heart, is made up of thousands of dishes that are influenced by neighbouring countries such as ones in Asia, as well as Greece, Russia and Turkey. This stew is easily one of the most delicious I've ever eaten. The prunes add a layer of sweetness that makes it truly a special dish.

Serves: 6

For the tahdig

600g basmati rice
1 large cinnamon stick
1 teaspoon salt
cold water, to cover
100g salted butter

For the khoresh aloo esfenaj

6 tablespoons oil
6 cloves of garlic, thinly sliced
2 onions, sliced
1 tablespoon salt
½ teaspoon ground turmeric
1½ teaspoons ground cinnamon
2 tablespoons ground black pepper

Start by making the tahdig as this will need to sit cooking for a while. Wash the basmati rice till the water runs completely clear. Put the rice in a larger than normal pan with the cinnamon stick and salt. Fill the pan with plenty of cold water, so the rice has lots of room to move around.

Bring to the boil and cook for 6 minutes. Drain the rice immediately and rinse under cold water till the rice has cooled down completely.

Find a non-stick pan the right size to fit all that rice right to the top. Put the pan on the hob over a high heat and add the salted butter. As soon as the butter is hot and melted completely, add all the cooled rice in. Don't pack it in tightly, just fill the pan. Leave the rice on a high heat for 2 minutes, then reduce the heat completely. Lay a tea towel

1 lemon, juice only
300ml water
6 chicken legs (thighs and drumsticks), skin removed and slashed
100g prunes, chopped in half
150g fresh spinach

over the top of the pan, pop the lid on and leave to steam for 45 minutes.

While the tahdig steams, let's make the khoresh aloo esfenaj. Pour the oil into a medium pan and when the oil is hot, add the garlic and fry till golden brown. Add the sliced onions along with the salt and cook till the onions are soft and golden.

Add the turmeric, cinnamon, black pepper and lemon juice and cook the spices for a few minutes before adding the water and then the chicken. Coat the chicken in the spices. Add the prunes and spinach, pop the lid on and cook over a medium heat for 30–40 minutes.

Once the rice is ready, take off the lid and tea towel and place a serving dish on top. Carefully tip it over and lift off the pan to reveal the perfectly cooked rice and the crunchy rice top. Serve with the chicken.

Khoresh Aloo Esfenaj

MASGHATI

Fragrant Pudding Squares

This dessert is so beautiful to look at that it's almost too difficult to eat! The cornflour creates a unique texture and the saffron imparts the most beautiful colour. If you are looking to make something truly special for dessert, this is the one.

Makes: 9 squares

- 200g cornflour
- 400g caster sugar
- 1.2 litres cold water
- 1 teaspoon ground cardamom
- 2 teaspoons rose extract
- 1 teaspoon saffron strands, crushed
- 100g ghee, melted, plus extra for greasing
- 50g pistachios, roasted and roughly chopped

Generously grease a 23cm square cake tin with melted ghee and set to one side.

Put the cornflour in a pan with the caster sugar. Pour in the cold water and whisk till everything is combined. Add the cardamom, rose extract and saffron and mix again.

Pop on to a medium to low heat and cook gently for about 8-10 minutes. You will know it is ready when you can use your spatula to make a line across the mix and the line stays visible.

Add the ghee and cook through for a few minutes. Pour the mixture into the tin and flatten on top.

Sprinkle over the roasted pistachios and leave to cool in the tin for 20 minutes, then set in the fridge for 4 hours or overnight.

To serve, tip out on to a greased board and cut into squares. I like to serve this with whipped cream on

the side.

Masghati

North Africa

BAZIN

Steamed Dough with Meat Stew and Eggs

The cuisine of Libya is a combination of Berber, Arab and Mediterranean cuisines with influences from the Ottomans and Italy. One of the most popular Libyan dishes is bazin. It is an unleavened bread, which is so unique in its texture that I had to show you how to cook it. It makes for a very special way to eat a stew, especially if you love to eat with your hands as I do.

Serves: 6

For the stew

100ml oil
6 cloves of garlic, minced
1 tablespoon fenugreek seeds
3 onions, finely diced
1 tablespoon salt
3 tablespoons tomato purée
1kg diced shoulder of lamb
500g potatoes, peeled and diced
1 teaspoon ground turmeric
1 tablespoon red chilli powder
500ml cold water
6 hard-boiled eggs, peeled

Start by making the meat stew. Pour the oil into a pan and heat. As soon as the oil is hot, add the minced garlic to the pan and fry till golden. Add the fenugreek seeds and toast with the garlic till dark brown. Now add the diced onions, with the salt, and cook till the onions are soft. Mix in the tomato purée.

Get the shoulder of lamb in with the potatoes, the turmeric and red chilli powder. Mix together really well. Pour in the cold water and bring to a hard boil, add the eggs, leave on a medium heat, put the lid on and cook for 1 hour.

For the bazin, put the wholemeal flour and plain flour in a large non-stick pan with a lid and whisk through so it is well combined. Add the salt to the boiling water.

For the bazin

1kg wholemeal flour
250g plain flour
1 tablespoon salt
1.5 litres boiling water

Make a well in the centre of the dry ingredients, pour the water into the centre and mix everything through till you no longer have any more spots of flour. Pop the lid on and leave to steam for 20 minutes on a low heat.

After 20 minutes, lightly grease the worktop and your hands and tip the dough out on to the surface. Make sure it is warm enough to handle.

Knead the dough for 15 minutes till the dough is smooth, then divide into six portions, knead into smooth balls and cling film each one, to keep them warm and soft.

Take the stew off the heat, add the dough in the centre of each plate and pour the stew around it with an egg each. Pinch mounds of the dough to scoop up the stew and enjoy.

Bazin

North Africa

BABOUSA

Semolina Cakes

This dessert is really simple to make and takes its syrupy influence from other Arab and neighbouring countries. Though dense in texture, the flavour is light and refreshing.

Makes: 9 squares

For the cake

200g semolina
100g caster sugar
100g desiccated coconut, toasted
150ml whole milk
100ml coconut oil
9 whole almonds, to decorate

For the syrup

200g caster sugar
200ml cold water

To serve

double cream

For the cake, start by preheating the oven to 200°C and lining the base and sides of a 20cm square tin.

Put the semolina in a bowl with the caster sugar, desiccated coconut, milk and coconut oil. Mix till you have a thick paste. Spoon into the tin and spread into an even layer. Cut nine squares so you know exactly where to place the almonds, then place an almond in the centre of each square.

Bake in the oven for 30 minutes, till a deep golden brown.

Meanwhile, make the syrup by putting the caster sugar in a pan with the cold water. Bring to the boil, then leave to simmer for 10 minutes till the syrup has thickened.

Take the cake out of the oven and then pour the syrup all over the cake. Re-cut the cake where you cut it originally. Leave to cool completely in the tin, then take out and slice. Serve with cream.

Babousa

India

BRINJAL BHAJI

with Ghee Pulao and Aloo Pakora

I grew up surrounded by family who worked in Indian restaurants, creating dishes that satisfied the masses. But when I think about Indian cuisine, I think about recipes that are simple, like aubergines, just fried in onions and spices, and served with rice and pakora, which create a crispy contrast.

Serves: 6

For the brinjal bhaji

150ml oil
3 teaspoons cumin seeds
8 cloves of garlic, minced
2 onions, finely diced
2 teaspoons salt
1 teaspoon ground turmeric
3 teaspoons chilli flakes
3 large aubergines, diced with skin on

For the ghee pulao

150g ghee
1 black cardamom pod
600g basmati rice
900ml boiling water
1 tablespoon salt

For the brinjal bhaji, start by pouring all the oil into a large frying pan that has a lid. When the oil is hot, add the cumin seeds and when the seeds start to sizzle, add in the garlic and cook till golden.

Add the diced onions into the oil with salt and cook till soft. Now add your turmeric and chilli flakes and mix through. Get the diced aubergine in and mix with all the spices. Pop the lid on and let it steam on a low to medium heat.

For the ghee pulao, put the ghee in a large non-stick pan and allow the ghee to melt on a low heat with the black cardamom.

Wash the rice till the water runs clear, drain off the water and add the rice to the ghee. Over a medium heat, cook the rice in the ghee and stir to stop it sticking. Pour in the boiling water, add the salt and bring the whole thing to a boil. As soon as every

For the aloo pakora

2 onions, thinly sliced
1 teaspoon salt
small handful of fresh coriander, finely chopped
3 green chillies, thinly sliced
2 medium potatoes, peeled and grated
150g chickpea flour
oil, for frying

To serve

fresh ginger, cut into slivers
small handful of fresh coriander, finely chopped

grain is visible and the water evaporated, pop a lid on and leave to steam for 30–35 minutes.

Make the aloo pakora by putting the onions in a bowl with the salt, coriander and green chillies. Mix with your hands, really squeezing to remove the moisture. Now add the potatoes and mix through by hand. Add the chickpea flour and, using your hands, bring the dough together. The mixture should clump together.

Pour the oil into a pan about two-thirds of the way up. Heat to 180°C and start to drop small clumps of the pakoras into the oil. Fry for 4 minutes, turning occasionally so they are evenly golden. Take out with a slotted spoon and drain on a plate lined with kitchen paper. Continue until the pakoras are all fried.

Sprinkle the fresh ginger and coriander all over the aubergine, fluff up the rice and serve with the pakoras.

Brinjal Bhaji

India

KULFI ICE CREAM

Kulfi ice cream is a superior ice cream in terms of flavour and this recipe is no exception. It has a creamy taste from the bread that goes into it, and it is a huge, huge winner in our house as a go-to dessert after iftar.

Serves: 6

- 600ml double cream
- 397g tin of condensed milk
- 8 cardamom pods
- 1 slice of white bread, breadcrumbed to a fine crumb
- 200g pistachios, roasted and finely chopped

Start by putting the double cream in a bowl with the condensed milk.

Take the cardamom pods and crush, remove the husks and grind the seeds down to a fine powder. Add to the cream. Whisk the whole thing to soft peaks.

Now add the breadcrumbs and whisk to stiff peaks.

Transfer half the mixture to a freezer-safe Tupperware. Sprinkle over half the pistachios. Put the other half of the mixture on top of the pistachios and sprinkle over the rest of the pistachios. Seal tight with the lid and freeze overnight.

When you are ready to serve, take out 10 minutes beforehand and then go for a scoop.

Kulfi Ice Cream

Middle East

MOUSSAKA

Moussaka is a wholesome meal that has everything you need in one dish. It is packed full of meat, vegetables and a creamy sauce and has the most delicious aroma of cinnamon.

Serves: 6

For the aubergines

3 medium aubergines, cut into 1cm thick coins
6–10 tablespoons oil

For the beef

2 tablespoons oil
2 bay leaves
800g beef mince
1 onion, diced
6 cloves of garlic, minced
2 tablespoons tomato purée
1 teaspoon salt
4 teaspoons dried oregano
2 teaspoons ground cinnamon
200ml beef stock

For the potatoes

600g potatoes, thinly sliced
water, to cover

This recipe is all about the layers, so we have to make each one, then assemble the moussaka, then bake it in the oven.

Let's start off with the aubergines. Put the aubergines in a bowl and generously drizzle with the oil. Fry the rounds in batches till the aubergines are cooked and softer, but not falling apart. Set aside and get on to the beef.

Pour the oil into a medium pan and heat over a medium heat. As soon as the oil is hot, add the bay leaves and as soon as the bays start to sizzle, add the beef mince. Cook over a high heat and break the mince up as you cook it.

Now add the diced onion, garlic, tomato purée, salt, oregano and cinnamon and mix through. Cook for a few minutes, then pour in the beef stock and cook the mince till there is no more liquid left and the mixture is dry. Set this aside and get on to the potatoes.

large pinch of salt

For the white sauce

50g salted butter
50g plain flour
600ml whole milk
1 large egg
1 egg yolk

Put the potatoes in a large pan, pour in water till the slices are submerged, then add the salt, bring to the boil and boil for just 7-8 minutes. Drian and set aside.

Now make the white sauce by putting the butter in a pan and melting. Add the flour and whisk through. Gradually pour in the milk and whisk till the mixture is thick. Take off the heat and whisk in the egg and egg yolk.

Preheat the oven to 180°C.

Get a large roasting dish and add a third of the meat into the base of the dish. Spoon half the aubergine slices on top of the mince and then half the potato on top of the aubergine. Spread the rest of the meat on top, then again with the aubergine and then the potato. Spread the white sauce all over that.

Bake in the oven for 1 hour. Take out and leave for 10 minutes before serving.

Moussaka

Middle East

ATAYEF BIL ASHTA

Marscarpone-filled Pancakes

These are as beautiful to make as they are to look at and are even more of a delight to eat. Tender pancakes, pinched to create a space ready to fill with sweetened cream and pressed into pistachios, these will please the crowds, the family, the neighbours, everyone!

Makes: 12–15 pancakes

For the pancakes

200g self-raising flour, sifted
½ teaspoon baking powder
50g caster sugar
3 medium eggs, lightly beaten
200ml whole milk
25g salted butter, melted
butter, for frying

For the cream filling

250g mascarpone
1 teaspoon orange blossom extract
2 tablespoons icing sugar
1 orange, zest only

Start by making the pancakes. Put the flour in a bowl with the baking powder and caster sugar, whisk to combine and create a well in the centre. Pour in the eggs, milk and melted butter. Whisk till you have a smooth, even batter.

Take a non-stick pancake pan and heat over a medium heat. Brush the pan with a light amount of butter and spoon in 2 tablespoons of the batter, making as many pancakes as you can fit without crowding the pan. Cook over a medium to low heat till the tops are dry and the pancakes aren't wet or runny.

Take the pancakes off the pan one by one and while they are still warm, pinch only one half together at the seams to create a semi-circled pocket. Repeat with all of them and wait for them to cool completely.

To finish

100g pistachios, roasted and finely chopped

runny honey

For the cream filling, put the mascarpone in a bowl with the orange blossom extract, icing sugar and orange zest. Mix really well and pop into a piping bag. Pipe the mixture into the cavity of the pancakes and, using a palette knife, scrape to create a flat edge, removing any excess.

Dip the exposed ends with the cream into the pistachios. Repeat with all of them. Before serving, drizzle with honey.

Atayef Bil Ashta

Nepal

THUKPA

Chicken Noodles

I learnt that my bloodline leads us to Nepal and when I visited the country, I felt a deep closeness to the people and the cuisine. Apart from the most amazing rice and lentils, the thukpa is just out of this world, so I've got my own recipe down for everyone to enjoy at home.

Serves: 6

For the paste

3 cloves of garlic, peeled
2-3cm piece of peeled ginger
4 green chillies
1 tablespoon cumin seeds, roasted
1 tablespoon whole black peppercorns
small handful of fresh coriander with the stalks
1 tomato, roughly chopped

For the thukpa

3 tablespoons oil
½ teaspoon hing (asafoetida)
500g boneless chicken thighs, cut

Start by making the paste. Put the garlic, ginger, green chillies, cumin seeds, black peppercorns, coriander and tomato in a processor and blitz to a smooth paste.

Place a large pan over a medium heat. Pour the oil into the pan and when the oil is hot, add the asafoetida – it will fizz a little. Give it a mix and then add in that paste.

Cook the paste for a few minutes till the paste is dry. Add the chicken thighs, along with the turmeric and salt, and cook the chicken through. Now add the red pepper, green beans, white cabbage and carrot and mix to combine well.

Pour in the chicken stock or water, bring the whole thing to a rapid boil and let it boil for about 10 minutes. Now add the broken spaghetti pieces, allow it to boil for another 10 minutes and then leave to simmer for 30 minutes with the lid on.

into strips
½ teaspoon ground turmeric
3 teaspoons salt
1 red pepper, thinly sliced
100g green beans, cut into 2-3cm pieces
100g white cabbage, shredded
1 carrot, cut into thin 2-3cm strips
1 litre chicken stock or water
200g spaghetti, broken into 5cm pieces

To serve

handful of fresh coriander, finely sliced
lime wedges

Serve in bowls, sprinkling over the fresh coriander and serving with lime wedges on the side.

Thukpa

Nepal

SEL ROTI

Sweet Rice Churros

I ate these at a street market where everything is made at shin level, so to get in and amongst, you had to kneel down and fully immerse yourself. These rotis were etched on my mind and I make them often now, not just during Ramadhan. They are aromatic with the soaked, slightly fermented rice and they are just so subtly sweet, crunchy all the way around yet soft in the middle.

Makes: 10 roti

500g basmati rice
50g ghee, melted
110g caster sugar
1 teaspoon baking powder
100ml cold water
oil, for frying

Start by soaking the basmati rice overnight. Drain the rice and leave to sit and drain further for 1 hour.

Put the rice in a blender jug along with the melted ghee, caster sugar, baking powder and cold water. Blitz enough to create a grainy paste. Set aside for 1 hour, covered.

Take a large pan and pour in the oil about two-thirds of the way up.

Heat the oil to 180°C. Have a baking tray lined with kitchen paper to hand.

Put the mixture into a piping bag and pipe one large circle into the oil. They tend to stay at the bottom, but after a minute of frying and with enough time to establish a strong shape, encourage

the circle up off the base of the pan. Fry till golden, using chopsticks to turn the roti over.

Take out, then make the rest. These are best served warm.

Sel Roti

Cambodia

LEMONGRASS AND GINGER CHICKEN

with Lort Cha *(Noodles)*

This chicken dish is rich in flavour and so balanced and aromatic. Served with the noodles, it is a recipe you will for sure come back to after Ramadhan is over.

Serves: 6

For the lemongrass and ginger chicken

- 6 cloves of garlic
- 2 teaspoons salt
- 8cm piece of peeled ginger
- 1 onion, roughly chopped
- 1 lemon, peel and juice
- 2 lemongrass stalks, roughly chopped
- 4 Thai red chillies
- 100g cashews, toasted
- oil, for frying
- 12 chicken thighs
- 400ml coconut milk
- 200ml water, plus a splash for the paste
- a squeeze of lime juice

Put the garlic, salt, ginger, onion, lemon peel and juice, lemongrass, red chillies and cashews in a food processor, along with a splash of water, and blend to a paste.

Place a medium pan on the stove with a splash of oil. Heat the oil, get the paste in and cook for a few minutes. Add the chicken thighs into the pan and cook for a few minutes. Pour in the coconut milk and water and cook on a high heat, then cover and simmer for 25 minutes.

Now make the lort cha by putting the noodles in a large bowl and breaking them up into small pieces. Cover the noodles till submerged with boiling water, then drain after 10 minutes.

Meanwhile, make the sauce by putting the fish sauce, soy sauce, lime juice and honey in a bowl. Mix and set to one side.

fresh coriander, to serve

For the lort cha

350g egg noodles
boiling water, to cover
1 tablespoon fish sauce
1 tablespoon soy sauce
½ lime, juice only
2 teaspoons honey
3 tablespoons oil, plus extra for the egg
2 cloves of garlic, minced
100g beansprouts
50g spring onions, sliced
2 medium eggs, lightly beaten
chilli sauce, to drizzle

Heat a non-stick wok over a high heat, add the oil to the wok and the garlic and fry for a few seconds till brown. Add the beansprouts and spring onions and cook for a few minutes, till just charred.

Make a well in the centre, move all the veg around the side of the pan, add a little extra oil to the centre and drop the beaten egg in there, frying until well scrambled.

Mix and add the noodles, mix through again, then add the sauce and cook through for a few minutes. Drizzle with chilli sauce.

Take the chicken off the stove, squeeze over the lime juice, sprinkle over the coriander, and serve alongside the lort cha.

Lemongrass and Ginger Chicken

Cambodia

NAM VAN

Sweet Noodles

If you are looking for something fun to look at and eat, you will love this. With tons of different textures, this is a great dessert to enjoy chilled after a hearty meal.

Serves: 6

For the tapioca layers

2 litres water
300g large tapioca pearls
red gel food colouring
orange food colouring

For the noodle layer

boiling water, to cover
green gel food colouring
150g vermicelli noodles, broken into smaller strands
oil, for the noodles

For the basil seed layer

7 tablespoons basil seeds (tukmaria) or chia seeds
300ml whole milk

We need to make all the layers separately. Let's start with the tapioca layer. Bring 2 litres water to the boil in a pan and add the tapioca pearls. Cook for 1 hour.

Tip the tapioca into a sieve and run under a cold tap till the gloopy liquid is removed and you are left with the translucent balls. Divide the mixture between two bowls. Add a few drops of red colouring to one and orange to the other, mix well and pop into the fridge.

For the noodle layers, bring a pan of water to the boil with the food colouring and then add the noodles. Cook for 6–8 minutes till the noodles are just cooked but not too soft. Drain and rinse under a cold tap.

Transfer into a bowl, add a tiny amount of oil and mix through to stop the noodles from sticking. Set aside in the fridge.

For the sweet milk

400ml tin of coconut milk

½ × 397g tin of condensed milk

For the basil seed layer, add the basil seeds to the milk and set aside for the seeds to plump up and the mixture to thicken. Leave it in the fridge to chill.

For the sweet milk, pour the coconut milk into a jug with the condensed milk and mix well. Pop into the fridge.

To serve, start layering with the tapioca red layer and orange layers, then in with the green noodles, put the basil seeds on top, then top with the sweet milk. Give it all a good mix and use a spoon or a large straw to enjoy.

TIP: ***This is the kind of dessert that is best served very chilled, so ideally make the layers the night before and take out of the fridge when you are ready to serve it.***

Nam Van

Sri Lanka

SRI LANKA AMBUL FISH

with Rice and Kuni Raal *(Spicy Shrimp Topping)*

If you like Sri Lankan food and flavours, you will love this fish. It is the perfect combination of tangy, creamy and lightly spiced.

Serves: 6

For the ambul fish

250g plain yoghurt
8 cloves of garlic, minced
1 teaspoon ground turmeric
1 teaspoon salt
2 teaspoons ground black pepper
3 teaspoons red chilli powder
6 tilapia fillets
oil, for frying
10 fresh/dry curry leaves

For the rice

600g basmati rice
10 cloves
600ml cold water
1 tablespoon salt

For the kuni raal

200g dried shrimp

Start by prepping the ambul fish. Put the yoghurt in a large bowl with the garlic, turmeric, salt, ground black pepper and chilli powder and mix till you have an even colour. Add the tilapia fillets and make sure each fillet is covered in the marinade. Cover and set aside while you make the rice.

Make the rice by first washing it till the water is crystal clear, then drain the rice and put in a medium pan along with the cloves. Pour in the cold water and salt and pop the pan over a high heat. Stir occasionally to stop the rice sticking to the base. As soon as the rice comes to the boil and the water has evaporated, lower the heat and get the lid on. Leave to steam for 15 minutes.

Let's fry the fish. Get a large non-stick pan on the hob and pour in enough oil to lightly cover the base. As soon as the oil is hot, add the fillets in, cooking in batches (I can normally cook two at a time). Fry for 4 minutes on one side and 1 minute on the other.

2 tablespoons desiccated coconut, toasted

50g fried onions

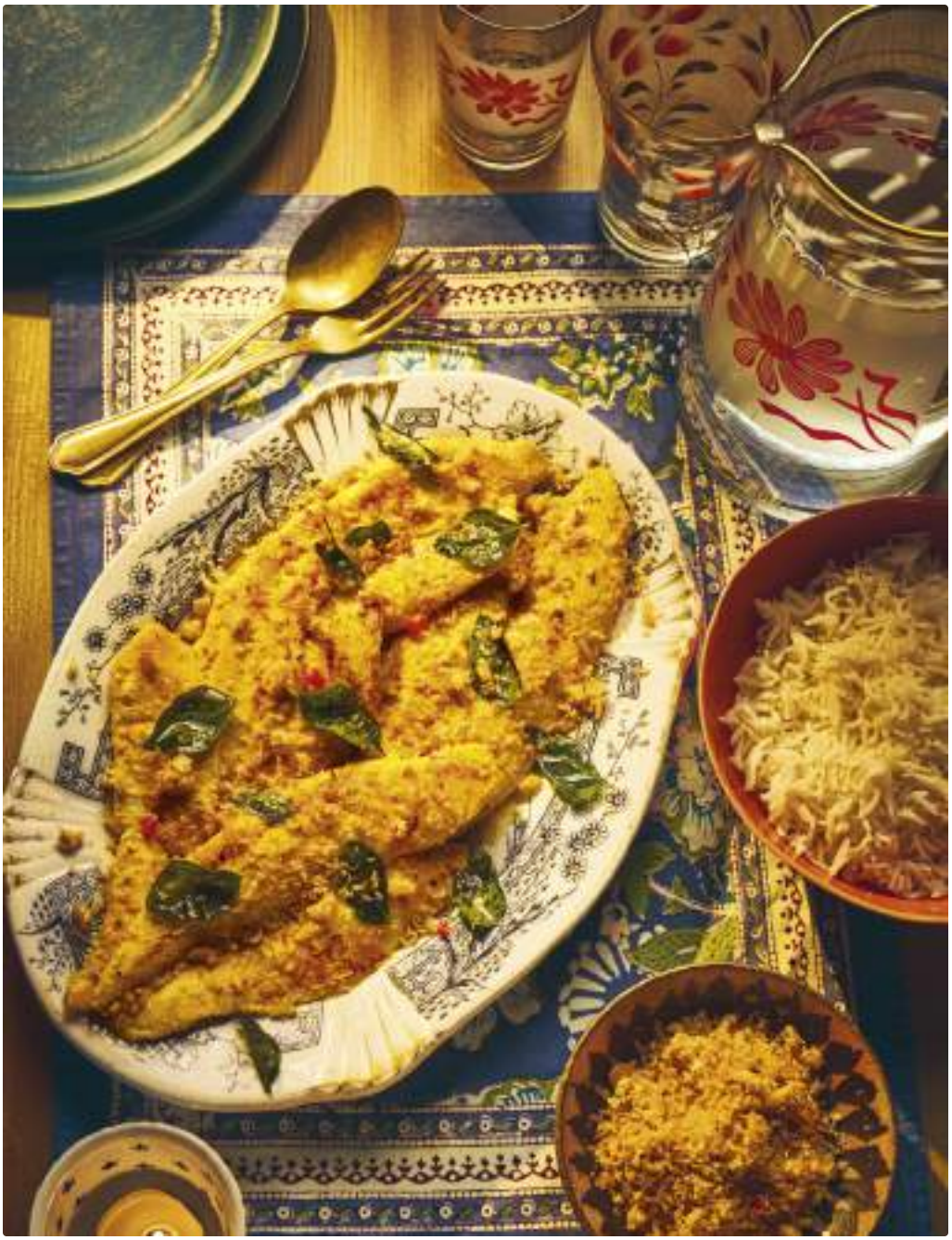
3 cloves of garlic, minced

4 red chillies, thinly sliced

Once you have fried them all and laid them out on a serving dish, add a little extra oil if there isn't a lot left in the pan and fry the curry leaves till they sizzle and pop. As soon as you can smell the aromas, pour over the fish, oil and all.

Take the rice off the heat and make the quick kuni raal by putting the dried shrimp in a food processor with the coconut, fried onions, garlic and red chillies and blitz to an even consistency.

Serve the kuni raal with the rice and fish.



Sri Lanka Ambul Fish

Sri Lanka

THALA GULI

Sesame Balls

These are the simplest, easiest little balls of deliciousness. With just a few ingredients, you can make these bites of nutty goodness, which will give you a sweet hit whenever you need.

Makes: 66 balls

For the balls

180g sesame seeds
70g desiccated coconut
140g jaggery, grated
130ml golden syrup
pinch of salt

To decorate

25g black sesame seeds
25g white sesame seeds

For the balls, start by toasting the sesame seeds to a deep golden colour. Put in a bowl. Do the same to the desiccated coconut and add to the bowl. Leave to cool completely.

Place the mixture in a food processor along with the jaggery, golden syrup and salt. Blend till a dough is formed.

Take out and transfer to a bowl. Take small mounds, ½ teaspoon each, and make balls.

On a plate, mix the black and white sesame seeds, roll each ball in sesame and set aside. Repeat with all of them and they are ready.

Thala Guli

Indonesia

BEEF RENDANG
with Rice

If you do anything this Ramadhan, make a beef rendang. It is spiced, tangy and rich in every way. Served with rice and a frilly egg, this is everything and more.

Serves: 6

For the paste

1 lemongrass stalk
2 onions, roughly chopped
8 cloves of garlic, peeled
8cm piece of peeled ginger, roughly chopped
3 red chillies
1 tablespoon coriander seeds, toasted
1 teaspoon ground turmeric
1 teaspoon ground cinnamon
4 lime leaves
1 tablespoon dark soy
1 teaspoon salt
200ml oil

Start by making the paste. Put the lemongrass, onion, garlic, ginger, red chillies, coriander seeds, turmeric, ground cinnamon, chilli flakes, lime leaves, dark soy and salt in a blender jug. Pour in the oil and blend it all to a really smooth paste.

Put a medium non-stick pan on the hob and place over a medium to high heat. Pour in the contents of the jug and cook for 10 minutes or so, till the mixture is darker and starts to come away from the sides.

As soon as it does, add the diced beef and cook in the fragrant mixture till the beef has browned all over and is cooked all the way through. Now add the tamarind, mix through and pour in the coconut milk. Bring the whole thing to a boil and then leave to simmer.

Meanwhile, make the rice by washing the uncooked rice under cold water till the water runs clear. As soon as it does, drain and add to a pan. Pour in the cold water and bring the rice to a boil,

For the meat

lkg diced boneless beef
4 tablespoons tamarind
400ml tin of coconut milk

For the rice

600g basmati rice
900ml cold water

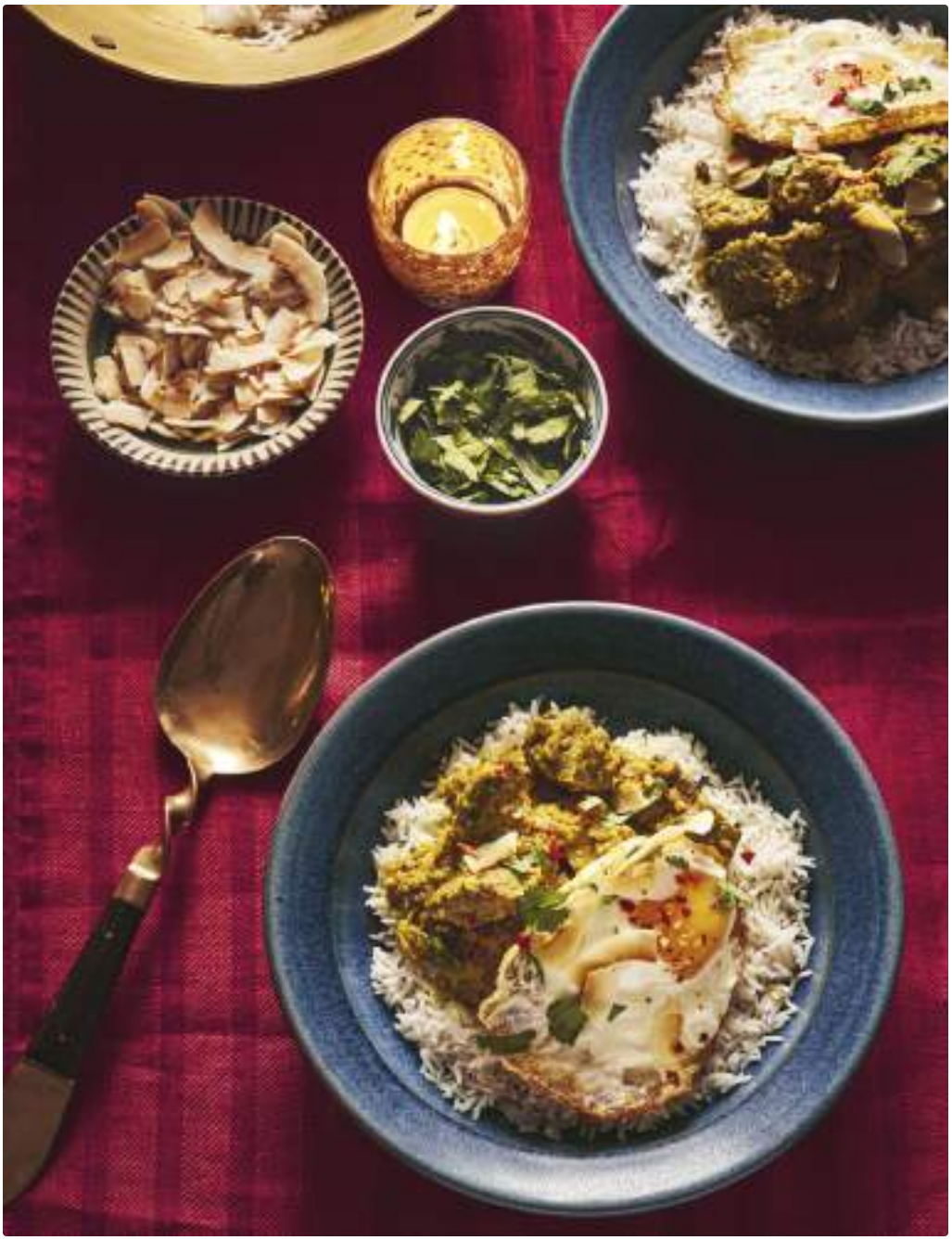
To serve

oil, for frying
6 medium eggs
toasted coconut flakes
fresh coriander, finely sliced

stirring occasionally to stop the rice from sticking to the base of the pan. Once the rice has boiled and there is no longer any water left, lower the heat completely, put the lid on and leave to steam for 15 minutes.

Now check on the beef. The whole thing should no longer be watery – it should be thicker and the sauce should cling to the meat.

To serve, pop some oil into a non-stick frying pan and fry the eggs one at a time till frilly around the edge and runny and warm in the centre. Serve the rice with the rendang and a sprinkling of coconut flakes and coriander.



Beef Rendang

Indonesia

KUE PUKIS

Sweet Yeasted Half Circles

These little semi-circle cakes start their life off as a very unassuming yeasted batter. But you will be pleasantly surprised at how easy they are to make and how delicious they are to eat.

Makes: 24 cakes

For the batter

130g strong bread flour
80ml coconut milk, room temperature from a tin
3 medium eggs, lightly beaten
7g fast-action yeast
6 tablespoons lukewarm water
½ teaspoon salt
1 teaspoon caster sugar
butter, for greasing

For the chocolate

150g milk chocolate
75g sprinkles

Start by making the batter. Put the flour in a bowl and make a well in the centre. Pour the coconut milk into the centre with the eggs, yeast, lukewarm water, salt and sugar. Whisk till everything is well combined. Cover and set aside in a warm place for 2 hours.

Meanwhile, preheat the oven to 180°C and generously grease the inside of a 12-hole muffin tin.

Pour the batter in about halfway up the muffin holes and bake for 10–12 minutes, till they are golden brown. Take out and leave to cool for 5 minutes before popping them out to cool completely. Cut each one in half to create semi-circles.

Melt the chocolate, take each semi-circle and dip into the chocolate straight edge down, then dip straight into the sprinkles.

Set aside on some baking paper for the chocolate to set.

Kue Pukis

Syria

DJEJ MASHWEE

Roast Chicken with Fattoush and Hummus

Syrian food is bursting with flavour and colour, so much so it was hard to pick my favourites. Here we have spicy roasted chicken served with pittas, fattoush and, of course, smooth, creamy hummus.

Serves: 6

For the djej mashwee

1.4kg whole chicken
100ml oil
I lemon, juice only
8 cloves of garlic, minced
1 teaspoon salt
3 tablespoons Lebanese 7-spice

For the fattoush

oil, for frying
2 large tortillas, cut into small squares
pinch of salt
4 tomatoes, diced
1 cucumber, deseeded and diced
large handful of fresh parsley, thinly sliced
large handful of fresh mint, thinly sliced

Preheat the oven to 180°C.

Start by marinating the chicken. Take the whole chicken and pop into a roasting dish. Pour the oil and lemon juice into a bowl and add the garlic, salt and Lebanese 7-spice. Mix and pour over the chicken. Rub the chicken with the seasoned oil, making sure to get under the skin. You can do this step ahead of time and leave the chicken to marinate overnight or cook it straight away.

Roast the chicken in the oven for 75 minutes.

For the fattoush, pour the oil into a frying pan and bring to a medium heat. Have a plate ready lined with some kitchen paper.

Sprinkle in the tortillas in batches and cook till they are golden brown. Drain on the paper and keep doing this till you have fried them all. Sprinkle generously with salt and set to the side.

sumac, for sprinkling

For the hummus

2 × 400g tins of chickpeas, drained
4 tablespoons lemon juice
3 cloves of garlic
2 teaspoons ground cumin, plus extra for sprinkling
4 tablespoons tahini
8 tablespoons olive oil, plus extra for drizzling
2 teaspoons paprika
salt
2 ice cubes

To serve

6 pittas

Put your diced tomatoes in a bowl with the cucumber, parsley and mint and, using your hands, get everything really well mixed.

Make the hummus by putting the drained chickpeas in a blender jug. Add the lemon juice, garlic, cumin, tahini, olive oil, paprika and a sprinkling of salt. Blend till the mixture starts to come together. Drop the ice in and blend till smooth.

Pour the hummus on to a platter and spread out. Drizzle over with some extra olive oil and ground cumin and it is ready to eat.

Add the crisp tortillas to the cucumber and tomato and mix through. Sprinkle over the sumac generously.

Take the chicken out of the oven and leave for 15 minutes before removing the legs, wings and slicing up the breast. Present on a platter. Warm up your pittas and you are ready to devour with the fattoush and hummus.

Djej Mashwee

Syria

KUNEFE

Sweet Crispy Cheese

I tried this a long time ago and could not believe that there was mozzarella in a dessert, but we better believe it! Crunchy, shredded pastry with a stringy, oozy cheesy filling, all doused in a sweet syrup. It is mind-blowingly good.

Serves: 8

For the kunefe

300g kataif pastry
200g salted butter, melted and browned
250g shredded mozzarella

For the syrup

400g caster sugar
400ml water
4 tablespoons orange blossom water
50g pistachios, roasted and chopped

Preheat the oven to 180°C.

Start by putting the kataif pastry in a bowl. Break it up and take it apart, tearing the shredded pastry with your hands. Sprinkle over the melted browned butter and make sure the pastry is coated.

Take a small 20cm round shallow cake tin and arrange half the pastry in the base in an even layer. Sprinkle in your shredded cheese right on top.

Take the rest of the pastry and place on top of the cheese, covering it completely. Bake in the oven for 20 minutes.

Meanwhile, make the syrup by putting the sugar, water and orange blossom water in a pan and bringing to a boil. As soon as it has boiled, reduce and let the syrup simmer on a low heat for 10 minutes.

Take the kunefe out of the oven. Sprinkle over the pistachios and while it's still hot, drizzle the syrup all over. Leave to sit for a few minutes before cutting into eight pieces and serving.

Kunefe

SHUKTO with Luchi

Veg Curry with Crisp Roti

This curry is unique in that the vegetables are fried for extra flavour and cut into large pieces, making for a really great texture in the curry. Traditionally you would use vegetables that are native to the region, but I have gone for veg that we have readily available. These are gorgeous eaten with the fried luchi.

Serves: 6

For the luchi

600g plain flour
1 tablespoon salt
6 tablespoons oil
300ml hot tap water
oil, for frying

For the shukto

3 courgettes, quartered lengthways and halved down the middle
1 large aubergine, cut into 8 wedges, wedges halved
1 large green plantain, peeled and cut into 2cm coins
2 sweet potatoes, peeled and cut into

Let's start by making the luchi dough. Put the flour in a bowl with the salt and oil and use your hands to mix through. Make a well in the centre and pour in the water. Use a spatula to start mixing the water in with the flour and then eventually get your hands in and bring the dough together. Tip the dough out and knead till the dough is smooth and shiny. Cover with a damp tea towel and leave to rest for 30 minutes while you make the shukto.

Add the courgette, aubergine, plantain, sweet potato, radishes and beans to a large non-stick frying pan. Drizzle in the oil and mix. Start to fry to get as much colour on them as possible. Keep frying and turning till they are just browned. Take off the heat and set aside.

Put the mustard oil and ghee in a large non-stick pan and heat. As soon as they are hot, add the poppy seeds, mustard seeds and Bengali five spice

8 wedges, wedges halved
200g red radishes
200g green beans, topped, tailed and halved
150ml oil
4 tablespoons mustard oil
1 tablespoon ghee
1 tablespoon poppy seeds
2 tablespoons mustard seeds
1 teaspoon Bengali five spice
2 tablespoons ginger paste
1 teaspoon ground turmeric
2 teaspoons salt
1 litre cold water
300ml double cream

and as soon as the whole spices start to pop, add the ginger and turmeric and cook very gently with the salt.

Now add all the vegetables and mix through. Pour in the water, bring the whole thing to the boil then leave to simmer, pour in the cream and leave for 35-45 minutes on a medium heat.

Now back to the luchi. Divide the dough into 12 equal balls. Bring a frying pan with about 5cm of oil to a medium heat. Have a colander at the ready, with a plate underneath.

Roll out the dough balls to about 15cm each. Gently drop one in and let it fry and puff up. Cook for 3 minutes on one side and 3 minutes on the other. Drain upright in the colander. Continue till you have fried them all.

Take the shukto off the heat and you are ready to enjoy.

Shukto

Bengal

SONDESH

Fudge

These sweet sondesh are traditional and are worth making as a treat to enjoy or to give away. They are sweet and creamy and perfect with a tea.

Makes: 6

1 litre whole milk
5 tablespoons lemon juice
100g icing sugar
whole almonds, to decorate

Start by heating the milk in a large pan. As soon as the milk has bubbled once, take if off the heat, add the lemon juice and mix through. You should see the curds separate from the whey.

Leave to sit for 10 minutes.

Strain through a colander lined with muslin. Leave to hang and drain for 2 hours. Put in a bowl with the icing sugar and mix through.

Place a non-stick frying pan on the hob and add the curds to cook, stirring all the time, till the mixture starts to leave the sides of the pan.

Remove from the heat, spoon on to a tray and leave to cool till warm enough to handle. Divide into 6 equal balls.

Flatten the balls slightly and press an almond into each one. Leave in the fridge for 1 hour before they are ready to eat.

Sondesh

West & South Africa

JOLLOF RICE, EGG STEW, FRIED PLANTAINS AND SLAW

I love jollof rice and there are so many recipes, variations and different ways of making it. Here, I have taken all the elements I love. Aromatic, tomatoey and subtly hot in spice, it's perfect with the fried plantain, egg stew and slaw.

Serves: 6

For the jollof rice

200ml oil
2 onions, diced
2 teaspoons salt
3 tablespoons tomato paste
3 tablespoons garlic paste
3 tablespoons ginger paste
1 red pepper, roughly chopped
1 red Scotch bonnet chilli
2 teaspoons dried thyme
2 tablespoons curry powder
1 teaspoon white pepper
splash of water
600g basmati rice

Let's start by making the jollof rice. Pour the oil into a large non-stick pan and heat over a medium to high heat. Add the onions and salt and cook till golden brown and the onions are really soft. Now add the tomato paste along with the garlic and ginger pastes and mix through.

Pop the red pepper and Scotch bonnet into a food processer and blitz, then add to the onion mix and start to cook through. Now add in the dried thyme, curry powder and white pepper. Add a splash of water and cook the spices for a few minutes till you are left with a very dry base mix.

Wash the basmati till the water is crystal clear, then drain the rice. Add the rice into the spice mix over a high heat. Pour in the hot chicken stock and bring to the boil. As soon as all the rice grains are visible and the stock has evaporated, lower the heat, put the lid on and leave to steam for 20 minutes.

600ml hot chicken stock

For the egg stew

2 tomatoes, halved
1 red pepper, roughly chopped
1 Scotch bonnet chilli
oil, for frying
3 cloves of garlic, minced
1 onion, diced
1 teaspoon salt
2 teaspoons curry powder
1 teaspoon dried thyme
12 eggs, lightly beaten

For the slaw

½ cabbage, shredded
1 carrot, grated
1 red onion, thinly sliced
432g tin of pineapple chunks, drained, moisture removed and finely chopped
2 tablespoons apple cider vinegar
6 tablespoons full-fat mayonnaise
pinch of salt

For the plantains

oil, for frying
3 large plantains, peeled and cut into 1cm coins

Let's make the egg stew. Put the tomatoes, red pepper and Scotch bonnet in a blender, blitz and set to one side.

To a non-stick frying pan add a good glug of oil. Heat the oil, add the minced garlic and cook for a few minutes till golden. Add in the onion with the salt and cook till soft. Add the pepper paste with the curry powder and thyme and cook till you have a very dry mix.

Now add your eggs and gently cook them, mixing all the time till they are velvet smooth and just cooked through.

For the slaw, put the cabbage in a bowl with the carrot, red onion and pineapple and mix everything really well. Pour in the apple cider vinegar and mix through, then add the mayo and salt and mix to bring your creamy slaw together.

Now simply fry the plantain. Pour a splash of oil into the frying pan, get your plantains in and fry till golden on both sides and tender in the middle.

Take the rice off the hob, fluff it up and it is all ready to serve with the egg stew, fried plantains and slaw.

Jollof Rice, Egg Stew, Fried Plantains and Slaw

West & South Africa

KOEKSISTERS

Spiced Syrupy Doughnuts

I had these a very long time ago when I visited South Africa and I must say that the complex, syrupy taste stayed with me long enough to try and make them myself.

Makes: 25 koeksisters

For the syrup

1kg caster sugar
800ml cold water
4 tablespoons golden syrup
8cm piece of peeled ginger, thinly sliced
2 large cinnamon sticks
10 cloves
1 lemon, juice and peelings
1 teaspoon cream of tartar

For the dough

600g self-raising flour
pinch of salt
½ teaspoon ground nutmeg
2 teaspoons baking powder

Start by making the syrup. To a large pan add the sugar, cold water, golden syrup, ginger, cinnamon sticks, cloves, lemon juice and peelings and the cream of tartar. Mix everything really well. Pop on to a high heat, bring the mixture to a boil and then leave to simmer for 15 minutes till thicker. Ideally make this in advance, then cool and chill in the fridge so all the flavours can infuse.

Make the dough by putting the self-raising flour in a bowl with a pinch of salt, nutmeg and baking powder. Mix it so everything is combined. Throw in the cold butter and use your fingers to rub the butter in till there are no hard lumps left.

Make a well in the centre and pour the buttermilk in, using a palette knife to bring it together. Then get your hands in and knead just till you have no soft spots and the dough is smooth. Cover with a damp tea towel and leave to rest for about 15 minutes.

50g butter, chilled and cubed
375ml buttermilk

After 15 minutes, uncover and divide the dough into 25 dough balls that roughly weigh 40g each. Have a tray ready with a damp tea towel at hand.

Take each dough ball and roll it out into a sausage about 20cm long. Fold in half and twist together, pinching the ends slightly. Place on the tray, cover and repeat to make all 25.

Take the syrup out of the fridge.

Pop a pan on to the hob over a high heat and fill with oil about two-thirds of the way up. Heat the oil to 160°C and start to fry the koeksisters gently on a medium heat for about 4 minutes on each side till golden all over.

Take out and while hot, add to the cold syrup and leave in the syrup for a minute, making sure to turn halfway, before popping on to a cooling rack to drain off any excess syrup. Repeat with all of them and then they are ready to enjoy.

Koeksisters

South Asia

SALMON BIRYANI

with Dahl

Biryani is a South Asian staple and I love to vary it up and use fish where I can. Salmon biryani is perfect because the salmon doesn't dry out as it sits beneath the layer of rice. Served with a simple dhal, it is a complete meal.

Serves: 6

For the onions

100ml oil
100g ghee
3 onions, finely sliced
salt

For the salmon

2 onions, finely diced
1 tablespoon salt
4 tablespoons ginger paste
6 tomatoes, chopped
1 teaspoon ground turmeric
3 teaspoons chilli powder
5 teaspoons curry powder
100ml water
500g salmon fillet joint, cut into 5cm chunks

Start with the onions for the biryani. Into the pan that you are going to make your biryani, add the oil and ghee and heat on a high heat. As soon as the oil is hot, add the onions, separating the slices with your hands as you throw them in. Fry on a high heat till they are crispy and golden.

Line a plate with some kitchen paper and drain the onions with a slotted spoon on to the paper. Sprinkle with salt and set to the side.

Now for the salmon. Keep the same pan over a medium heat and add the onions with the salt and cook for a few minutes till the onions are golden brown and very soft. Add the ginger paste and tomatoes and cook for another few minutes. Get the turmeric, chilli powder and curry powder in and cook for a few minutes. Pour in the water and cook the spices for 5 minutes till the mixture is dry and not watery. Using a stick blender, blend the sauce to a smooth paste.

For the rice

600g basmati rice
cold water
1 tablespoon salt
6 cardamom pods
2 cinnamon sticks
4 bay leaves
3 star anise

For the dhal

200g red split lentils, washed and soaked overnight
1 litre cold water
1 bay leaf
1 teaspoon ground turmeric
1 teaspoon salt

For the tarka

100g unsalted butter
5 cloves of garlic, sliced
1 large dried red chilli

To finish

6 green chillies, split lengthways
small handful of fresh coriander, chopped

Add the salmon pieces and mix through. Cook with the lid on for 10 minutes and then move the pan to the side off the heat.

For the rice, put the basmati in a really large pan that can hold lots of water. We need the rice to have room to boil and move around in the pan. Pour in the cold water and salt, along with the cardamom pods, sticks of cinnamon, bay leaves and star anise. Pop on to the hob and bring to the boil and as soon as it boils, time the rice to boil for just 5 minutes.

When the time is up, take off the heat and drain quickly, keeping in all the aromatics. Run under cold water and cool straight away, setting aside to drain.

Spoon the rice on to the salmon mix and be sure not to pat down as the rice needs room to fluff up. Sprinkle over the onions, place a tea towel on top, put the lid on and place the pan on the lowest heat. Leave to steam for 30 minutes.

Meanwhile, make the dhal by putting the lentils in a pan with the cold water, bay leaf, turmeric and salt. Bring the mixture to the boil and leave to simmer for 30 minutes, making sure to give it a whisk occasionally.

To make the tarka, pop the unsalted butter into a frying pan and heat till melted. As soon as the butter is hot, add the garlic and chilli and as soon as the garlic is golden, pour all over the lentils and mix through. Leave to simmer for another 10 minutes.

Take the biryani off the heat, sprinkle over the split chillies and some coriander and, using two large spoons, mix the biryani in the pan to bring it all together.

Take the dhal off the heat, add a final flourish of coriander and serve with the biryani.

Salmon Biryani

South Asia

GULAB JAMUN

These milky cake balls are deep-fried and then, while hot, dunked into a hot saffron syrup. This has to be one of the most popular desserts to buy at Indian sweet shops and now you can make it at home – and it's super easy. We love these warm with a dollop of ice cream.

Makes: 16 balls

500g caster sugar
500ml cold water
6 cardamom pods, smashed to open slightly
few strands of saffron

For the balls

100g full-fat milk powder
40g strong bread flour
½ teaspoon baking powder
50g ghee
1 tablespoon yoghurt
4–5 tablespoons whole milk
oil, for frying

Start by making the syrup. Put the caster sugar in a large pan with the cold water and give the water and sugar a mix. Throw in the cardamom pods and saffron. Place over a high heat, bring to the boil, leave to simmer for 10 minutes and then set aside.

Make the balls by putting the milk powder in a bowl with the flour and baking powder. Mix it through with your hands to combine. Add the ghee and crumble into the mixture till it has disappeared.

Now add the yoghurt and milk, a spoon at a time, mixing to create a dough that holds its shape. Roll out 16 equal-sized balls, making sure that they are tightly packed with no cracks.

Pop a pan on the hob with oil two-thirds of the way up and heat the oil to 150°C. Have a plate ready, lined with kitchen paper.

Add the balls to the oil in batches and fry for about 7 minutes till a deep golden brown, then drain.

Add the balls into the syrup, mix through and leave to soak for 3 hours in the fridge or overnight. These are best served warm with a dollop of ice cream.

Gulab Jamun

Pakistan

LAMB CHOPS
with Naan

I grew up around Pakistani families and we were used to eating plates of food that would come our way over the fence just before sunset. Often it was delicious naan, so I have a great recipe. To go with them here are my simple lamb chops, which are flavourful and tender.

Serves: 6

For the chops

2kg lamb chops
250ml oil
2 tablespoons salt
3 onions, puréed
3 tablespoons garlic paste
3 tablespoons ginger paste
3 teaspoons coriander seeds, toasted and crushed
3 teaspoons cumin seeds, toasted and crushed
4 tablespoons garam masala
2 tablespoons chilli powder

For the naan

600g plain flour

First take the lamb chops and use a meat hammer to gently hammer out the flesh of the chops so they are thinner. Set them aside on a large tray.

Pour the oil into a medium bowl along with the salt, onion, garlic and ginger pastes, the coriander and cumin seeds, the garam masala and the chilli powder. Give the whole thing a good mix and then smother all over the chops. Make sure every bit is covered. This lends itself to being marinated overnight but can equally be done on the day. Set aside and make the naan dough.

For the naan, put the plain flour in a bowl with the sugar, salt and baking powder and use your hands to combine. Make a well in the centre, pour in the milk and bring the dough together, kneading till you have a smooth dough. Leave to rest for 15 minutes, covered under a damp tea towel.

2 teaspoons sugar
1 teaspoon salt
1½ teaspoons baking powder
360ml whole milk
melted butter, for brushing

After 15 minutes, divide the mixture so that you have six equal balls of dough. Roll out to about 3mm thin.

Pop a non-stick pan on the hob over a medium to low heat and dry-fry a piece of dough for 3 minutes on each side, till they are puffy and light. Take off the pan, brush both sides with the melted butter and make the other five.

Put the grill on a high heat and grill the lamb chops in one layer for 5 minutes. Take them out, turn them over and grill for another 5 minutes.

Take the lamb out and serve alongside the warm naan.

Lamb Chops

Pakistan

SHAHI TUKRA

Bread fried in ghee and then soaked in a cardamom and saffron milk.

Serves: 6

- 9 slices of white bread
- 180g ghee
- 397g tin of condensed milk
- 500ml whole milk
- 4 cardamom pods, crushed
- few strands of saffron
- 50g pistachios, toasted and roughly chopped

Start by cutting the crusts off the bread and then cut each slice into two triangles. Repeat with all the bread and then generously butter both sides with the ghee and set the triangles on a large baking tray in an even layer.

Pour the condensed milk into a pan with the whole milk, cardamom pods and saffron. Bring to a boil and then leave to simmer till just a little thicker and reduced by a quarter.

Preheat the oven to 180°C.

Pop the tray of bread into the oven and allow the slices of bread to bake till golden - this will take about 10-15 minutes - and be sure to turn the slices over so they crisp up on both sides.

Take the bread out of the oven, arrange three on each plate, pour over some of that sweet milk, sprinkle over the pistachios and it is ready to enjoy.

Shahi Tukra

MUTTON MANDI

with Carrot Rice and Zhug

These ribs are full of delicious fat and flavour, just what you need after a whole day of fasting. Served with the carrot rice, it needs the zesty zhug to finish the dish off. Everything about this is balanced and bountiful.

Serves: 6

For the mutton

- 100ml oil
- 2 large cinnamon sticks
- 2 onions, blended to a purée
- 1 tablespoon salt
- 3 tablespoons green chilli paste
- 2 tablespoons garlic paste
- 2 tablespoons ginger paste
- 1 tablespoon cumin seeds
- 1 tablespoon ground cumin
- 2 tablespoons ground black pepper
- 2 tablespoons garam masala
- 2 tablespoons chilli flakes

For the mutton, start by pouring the oil into a pan with the cinnamon sticks and onions. Cook the onions with the salt till they are a light golden brown. To the pan add the green chilli paste, garlic paste, ginger paste, cumin seeds, ground cumin, ground black pepper, garam masala and chilli flakes and mix them in with the onion.

Add the ribs now, mix through and cook the meat till golden all over. Pour in the water, bring to the boil and boil for 10 minutes, then pop the lid on and simmer for 1 hour 30 minutes.

Make the carrot rice by putting the salted butter in a medium non-stick pan. As soon as the butter has melted, in go the cardamom pods, stick of cinnamon and cloves. As soon as they begin to sizzle, add the onion and salt and cook till the onion is soft. Get the carrots in and cook over a high heat for a few minutes, then reduce the heat and pop the lid on to allow the carrot to cook through for 10 minutes.

1.5kg mutton ribs
500ml water

For the carrot rice

150g salted butter
3 cardamom pods
1 cinnamon stick
4 cloves
1 onion, diced
1 tablespoon salt
3 carrots, grated
600g basmati rice
600ml boiling water

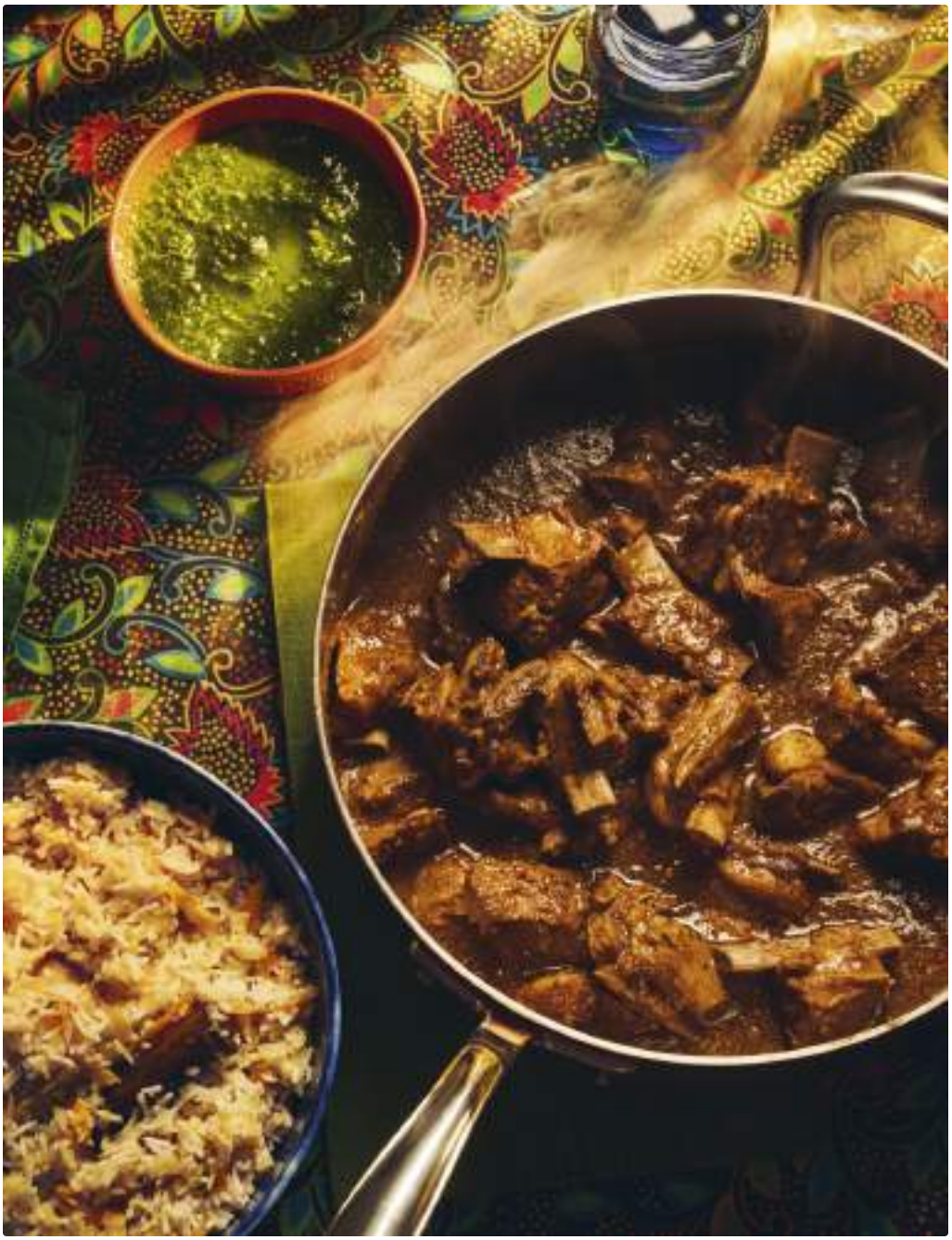
For the zhug

large handful of fresh coriander
large handful of fresh parsley
4 green chillies
1 teaspoon ground black pepper
1 teaspoon cumin seeds
1 teaspoon coriander seeds
3 cloves of garlic, peeled
1 lemon, juice only
250ml olive oil

Wash the basmati till the water is crystal clear, then drain the rice. Take the lid off the carrots, add the rice, mix in and cook for 3 minutes over a high heat. Pour in the boiling water and bring the whole mixture to a boil till the water has mostly evaporated. Put the lid on, lower the heat and steam for 15 minutes.

Make the zhug by putting the coriander, parsley, green chillies, black pepper, cumin seeds, coriander seeds, garlic and lemon juice in a food processor and blending till you have a roughly chopped mixture. Take out and decant into a bowl. Pour the oil over the mixture and stir through.

Take the mutton off the heat and make sure it is tender. Remove the rice from the heat and fluff it all up. Serve everything with the zhug on the side.



Mutton Mandi

Yemen

KHALIAT NAHAL

Sweet Cream-cheese-filled Doughballs

If you like salty and sweet, you will love these sweet buns filled with cream cheese and finished with a brushing of salty sesame egg yolk wash and a sweet glaze.

Makes: 13 balls

For the dough

500g strong bread flour
½ teaspoon salt
50g caster sugar
14g fast-action yeast
100g salted butter, softened
1 medium egg, lightly beaten
240ml lukewarm whole milk

For the filling

125g full-fat cream cheese
20g caster sugar
1 teaspoon plain flour

For the egg wash

1 egg yolk
1 teaspoon cold water
pinch of salt

Start by making the dough. Put the strong bread flour in a bowl with the salt, caster sugar and yeast. Use your hands to combine the dry ingredients.

Add the softened butter to the dry mix and, using your fingertips, rub the butter in till you have no more lumps of butter. Make a well in the centre and add the egg along with the lukewarm milk, using your hands to bring it together. Knead the dough on a lightly floured surface till it is stretchy and pliable. Cover and leave in a warm spot till the dough has doubled in size.

Make the filling by putting the cream cheese in a bowl with the sugar and flour. Mix together and pop into the fridge.

Once the dough has doubled, knock it back and make 13 dough balls. Each dough ball should be around 72g in weight.

Line and grease a baking tray and set to the side.

sesame seeds, for sprinkling

For the glaze

50g caster sugar
25ml cold water
big pinch of saffron

Flatten each dough ball, roll it out to about 10cm and fill with 1 teaspoon of the cream cheese mixture. Encase the filling with the dough and pop on to the baking tray. I like to arrange these to form a circle. Do the same with the rest and be sure to leave some space between them to give them room to grow.

Cover with greased clingfilm and leave to prove for another hour in a warm place. You will know they are ready when you poke them and the indentation comes up very slowly and remains.

Preheat the oven to 180°C.

Make up the egg wash by putting the egg in a bowl with the teaspoon of cold water and the salt. Brush the tops of the buns generously all over. Sprinkle over the sesame seeds and bake for 25 minutes.

While the buns bake, make the glaze by adding the sugar to the water in a small pan along with the saffron. Mix well, then bring to the boil and leave to simmer for just 10 minutes or so.

As soon as the buns come out of the oven, brush on the delicious sweet glaze. Leave to cool for 30 minutes before lifting out of the tin and enjoying.

Khaliat Nahal

Singapore

PRAWN SAMBAL

with Roti Canai

I love Singaporean food so much. This prawn sambal is aromatic and fragrant and has a depth of flavour unlike anything else. Eaten with the roti canai it is unreal and so worth the wait.

Serves: 6

For the roti canai

600g plain flour, plus extra for dusting
1 tablespoon salt
1 tablespoon sugar
4 tablespoons oil
300ml hot tap water
oil, for drizzling

For the paste

2 onions, roughly chopped
10 cloves of garlic, peeled
1 lemongrass stalk, roughly chopped
10 bird's eye chillies
2 teaspoons shrimp paste
3 tablespoons fish sauce
1 teaspoon ground turmeric

Start by making the roti canai dough. Put the plain flour in a large bowl with the salt, sugar and oil and use your hands to mix the oil in. Make a well in the centre and pour in the hot water. Use your hands to bring the dough together. Knead for 5 minutes till smooth and shiny.

Divide the dough into six equal balls and place on a plate. Drizzle all over with oil so they are generously coated, cover and leave for 1 hour. You can also do this ahead of time, making the dough the night before and leaving it in the fridge.

While that rests, let's make the paste by putting the onions in a food processor with the garlic, lemongrass, bird's eye chillies, shrimp paste, fish sauce, turmeric, sugar and water. Blend to a smooth paste and set to the side.

Now back to the dough. Take a ball of dough and press out on a greased worktop, rolling till you have a sheet of dough that is see-through and you can see your work surface through it. Make it as large

1 teaspoon brown sugar
100ml water
oil, for frying
750g raw prawns with tails on

To serve

1 red onion, thinly sliced

as you can, then fold the edges in and scrunch up the sheet so you have one long strip of layered dough. Lift it up and roll into a spiral that is creating a mound as you lay it down. Press down and pop back on to the plate. Do the same to the other five balls of dough.

Now take each spiral and, using the back of your hand, press down to a circle that is roughly 15cm wide. Do this to all 12.

Pop a non-stick frying pan over a medium heat and cook the roti for 3–4 minutes on each side. Cook all six and then leave to stay warm under a tea towel while we make the prawns.

Put a medium pan on high heat and pour in the oil. As soon as the oil is hot, add the paste and cook for about 10 minutes till it is darker and the paste starts to come away from the sides. If it starts to burn or stick, just add a splash of water.

When the mixture is dry, add the prawns and stir through, then cook for 8 minutes till they have turned pink and are covered in that delicious sauce. Take off the heat, stir the sliced red onion through and it is ready to eat with the roti.

Prawn Sambal

Singapore

PINEAPPLE TART COOKIES

These cookies may not look like very much, but they are everything. Soft but with a tart pineapple centre and salted egg yolk glaze, which makes them a very special cookie.

Makes: 12 cookies

For the filling

227g tin of pineapple chunks, drained
50g caster sugar
1 lemon, zest and juice
1 teaspoon cornflour

For the biscuit dough

200g unsalted butter, softened
100g caster sugar
300g plain flour

For the egg glaze

2 egg yolks
½ teaspoon salt
1 tablespoon whole milk

Let's start by making the filling for the cookies. Put the drained pineapple chunks into a food processor with the caster sugar, lemon zest and juice and cornflour and blitz to a smooth paste.

Put the mixture in a small pan and cook for about 5 minutes till the mixture has thickened and can coat the back of the spoon. Leave to cool, spoon into a piping bag and pop into the fridge.

Line a large baking tray with some baking paper.

Make the biscuit dough by creaming together the butter and caster sugar - the mixture should be light, fluffy and pale. Add the plain flour in and mix together till you have a dough that comes together. Divide the mixture into 12 equal balls.

Flatten a dough ball and then use your thumb or something rounded to create an indentation for the pineapple filling to go in. Place each one on the tray. Pop the cookies into the fridge for 30 minutes.

Preheat the oven to 170°C.

Make the egg glaze by putting the egg yolks, salt and milk in a small bowl and mixing them up.

Take the tray out of the fridge. Brush the edge of the cookies with the egg yolk mix. Fill each indent with the pineapple filling and bake in the oven for 30 minutes.

Take the cookies out and leave to cool completely before eating.

Pineapple Tart Cookies

Eid-ul-Fitr

Eid-ul-Fitr

WHOLE STUFFED LEG OF BUTTERFLY LAMB

You can't have an Eid celebration without having a huge centre-piece and this is that centrepiece: marinated lamb stuffed with onions and roasted on a bed of potatoes and carrots. It has to be special for Eid and nothing says special like a whole leg of lamb.

Serves: 10–12

For the lamb

250g plain yoghurt
50ml oil
75g chickpea flour
2 onions, blended to a purée
4 tablespoons garlic paste
4 tablespoons ginger paste
3 tablespoons salt
2 tablespoons coriander seeds, toasted and crushed
2 tablespoons cumin seeds, toasted and crushed
2 tablespoons chilli flakes
4 tablespoons garam masala
2 × 750g lamb legs, butterflied

Start by marinating the lamb. Put the plain yoghurt in a bowl with the oil, chickpea flour, blended onion, garlic and ginger pastes, salt, coriander and cumin seeds, chilli flakes and the garam masala and whisk to combine everything.

Pop the lamb leg fillets on a large tray and smother the delicious spiced yoghurt all over with your hands. You could do this the night before if you wanted to prep sooner, which will really help to deepen the flavour.

Make the stuffing by putting the red onion, salt, coriander and green chilli in a bowl, then mix and set to one side.

Preheat the oven to 160°C.

Take the roasting dish that you are going to cook the leg of lamb in and add all the potatoes and carrots. Mix the oil and tamarind in a small bowl along with the salt and turmeric. Drizzle the lamb

For the stuffing

2 red onions, thinly sliced

2 teaspoons salt

large handful of fresh coriander, finely sliced

4 green chillies, finely sliced

For the potatoes and carrots

1kg potatoes, peeled and diced into 2–3cm pieces

500g carrots, peeled and sliced into 1cm coins

100ml oil

120g tamarind paste

2 teaspoons salt

1½ teaspoons ground turmeric

generously with the oil so everything is coated in it.

Pop the first leg of lamb right on top with the inside of the leg facing upwards (the side the bone has been removed from). Add the onion stuffing on top in an even layer. Place the other leg of lamb on top with the inside of the leg facing down on to the onions.

Bake in the oven for 50 minutes–1 hour.

Whole Stuffed Leg of Butterfly Lamb

Eid-ul-Fitr

MANGO AND LIME CELEBRATION CAKE

You have to have a layer cake for an Eid celebration. Something that stands tall. This is a cake with four layers of mango and lime and it is perfect for a showstopper dessert worthy of a celebration.

Serves: 12–18

For the mango sauce

400g tin of mango slices, drained
125g caster sugar
1 lemon, zest only

For the lime curd

2 limes, zest only
65ml lime juice
65g caster sugar
1 egg
3 egg yolks
50g unsalted butter, chilled and cubed

For the mango buttercream

250g unsalted butter, softened
½ teaspoon salt
375g icing sugar, sifted
4 tablespoons mango sauce (see above)

Start by tipping the mangoes into a small pan. Mash them up using the back of a fork, tip in the sugar and the lemon zest and mix through.

Pop on to a medium heat, bring the mix to the boil and as soon as it boils, reduce the heat and keep stirring occasionally but leave to simmer away for about 35 minutes. Once it's a very thick, gooey texture, strain through a sieve, removing any bits, cover and pop into the fridge.

Now let's make the lime curd. Put the lime zest, lime juice, caster sugar, egg and egg yolks in a bowl and whisk together. Set the bowl over a pan of simmering water and keep stirring till the mixture gets thicker. This can take up to 10 minutes. When it coats the back of a spoon, take off the heat, add in the butter and whisk till melted. Pass the mix through the sieve and leave to chill in the fridge.

Make the mango buttercream by putting the butter and salt in a stand mixer bowl and whipping

For the lime buttercream

250g unsalted butter, softened
½ teaspoon salt
375g icing sugar, sifted
1½ tablespoons lime juice
few drops of green gel food colouring

For the sponges

500g caster sugar
330g unsalted butter, softened
135ml olive oil
8 medium eggs
500g self-raising flour
6 tablespoons whole milk
8 tablespoons mango sauce (see above)
sprinkles or gold leaf, to decorate

on a high speed for 5 minutes – the texture should be light, smooth and pale. Add half the icing sugar and whisk till really well combined, making sure to scrape down the sides. Add the rest of the icing sugar along with the mango sauce and whip till you have a mixture that holds its shape. Reserve 8 tablespoons of the mango sauce for the cake batter. Cover and leave in the fridge.

Make the lime buttercream by putting the butter and salt in the stand mixer bowl and whipping on a high speed for 5 minutes – the texture should be light, smooth and pale. Add half the icing sugar and whisk till really well combined, making sure to scrape down the sides. Add the rest of the icing sugar along with the lime juice and few drops of green food colouring and whip till you have a mixture that holds its shape. Cover and leave in the fridge.

Now on to making the cake. Preheat the oven to 170°C and grease and line the base and sides of four × 20cm round cake tins.

Put the caster sugar, butter and olive oil in the bowl of the stand mixer and whip till the mixture is really light and fluffy and almost white in colour. Crack an egg into the centre, one at a time, making sure to incorporate well between each addition. Add the flour in and, using a spatula, mix the batter. Pour in the whole milk and mix till you have a smooth light batter without any floury bits.

Divide the mixture equally into the four tins. Level off the tops by tapping the tins a few times on the work surface. Drizzle 2 tablespoons of the mango

sauce all over the cake batter in each tin and use a skewer to ripple it through.

Bake for 35 minutes till the cakes are golden and just coming away from the sides. Leave to cool in the tins for 20 minutes, then remove and leave to cool on a wire rack.

Take a cake plate or board and add a few smatterings of butter-cream to help secure that first layer. Put some mango butter-cream on the first cake layer, using your spatula to create a large circular crater with a raised edge, so you can add the mango sauce without it spilling over, then drizzle in the mango sauce.

Add the second layer of cake and this time smother on the same amount of lime buttercream with a drizzle of the lime curd.

Place the third layer on top and add the mango buttercream and lime curd and then pop the fourth and last layer of cake on top.

Make sure the cake is straight and level, smooth off any edges and pop into the fridge for 30 minutes.

Take the cake out, add a crumb coat of buttercream - a thin layer on top of and around the edges of the cake to catch any of the crumbs. Pop back into the fridge for another 30 minutes.

Use the lime buttercream to give the cake another smooth layer on top and on the sides. Use the rest of the buttercream to decorate the cake however you wish, then top with sprinkles or gold leaf.

Mango and Lime Celebration Cake

Eid-ul-Fitr

EID CHICKEN PULAO

Rice plays such a huge part in the celebration of Eid, certainly for us as a family. With a history deep-rooted in the growing of rice, it has been, and always will be, a staple in our homes. This huge pot is aromatic, colourful and abundant.

Serves: 10–12

300g ghee
6 cardamom pods
3 cinnamon sticks
5 bay leaves
3 star anise
4 onions, diced
4 tablespoons salt
1 bulb of garlic, cloves peeled and minced
13cm piece of peeled ginger, minced
750g boneless chicken thighs, diced
300g frozen mixed veg
2 teaspoons ground turmeric
1kg basmati rice
1.5 litres boiling water

For the colour

1 large pinch of saffron
½ teaspoon sugar

Take a large pan 30cm wide and 30cm high, place it over a high heat and add the ghee. When the ghee has melted, add the cardamom pods, cinnamon sticks, bay leaves and star anise.

Let the whole spices sizzle and then add in your onions and salt and cook the onions until they are really soft but not too dark in colour – low and slow. Add the minced garlic and ginger and cook through with the chicken. The chicken will release some liquid, so we want to keep cooking the chicken till none of that liquid remains. Now get the frozen mixed veg in with the turmeric and again cook till the moisture has been removed.

For the rice, wash the basmati till the water runs completely clear. As soon as the water is clear, drain. Add your rice to the pan with the chicken and stir through for about 5 minutes over a high heat. Pour in your boiling water and cook till the water has evaporated. Lower the heat, cover the pan with a lid and leave to steam for 20 minutes.

warm water

Put the saffron in a mortar and pestle with the sugar and grind down with a few spoons of warm water to create a beautiful colour. Take the lid off the rice and drizzle all over. Steam for another 5 minutes.

Before serving, fluff up the pulao and serve on a platter.

Eid Chicken Pulao

Eid-ul-Fitr

DALCHINI BISCOOT

Cardamom Biscuits with Elasi Lemon Posset

I like to have lots of different types of puddings so everyone has something they enjoy, especially if they don't like cake. These are perfect little pudding pots. Made with lemon, they are fruity and tart with a hint of fragrance from the cardamom and are best served with a cinnamon biscuit.

Makes: 12

For the elasi lemon posset

1.2 litres double cream
8 cardamom pods, crushed
300g caster sugar
4 large lemons, zest and juice

For the dalchini biscoot

50g unsalted butter
125g golden syrup
1 egg yolk
125g plain flour, sifted
50g soft brown sugar
3 teaspoons ground cinnamon
½ teaspoon baking powder
½ teaspoon salt

Pour the cream into a pan with the cardamom pods. Add the caster sugar and whisk the sugar in well. Place over a low heat and then bring the mixture to the boil and boil for 3 minutes.

Take off the heat and leave to cool for 10 minutes. Add the lemon zest and juice and whisk till it looks like it's starting to thicken. Strain through a sieve into a bowl. Ladle carefully into 12 small individual pots and leave to set overnight.

Now let's make the biscoot. Preheat the oven to 160°C. Line two baking trays with some baking paper.

Put the unsalted butter in a pan with the golden syrup and heat till everything is evenly combined. Pour the mixture into a bowl and allow to cool to room temperature. Add the egg yolk and mix through.

Put the plain flour, soft brown sugar, ground cinnamon, baking powder and salt in a separate bowl. Whisk to combine, tip into the wet ingredients and mix till you have a smooth dough.

Take 1½ teaspoons of the mixture and shape into rounds. Place on to the baking trays with some space between them and bake for 15 minutes.

Leave to cool on the trays and serve alongside the possets.

Dalchini Biscoot

Eid-ul-Fitr

BEEF AND PEA SAMOSAS

It is not Eid if there are no samosas – you have to have samosas. Piles and piles of samosas is the only way to go. So, you will need the recipe for my classic beef and pea.

Makes: 45 samosas

For the filling

50ml oil
3 onions, diced
3 teaspoons salt
2 tablespoons ginger paste
2 tablespoons garlic paste
1kg beef mince
4 tablespoons garam masala
2 tablespoons coriander seeds, toasted and lightly crushed
2 tablespoons cumin seeds, toasted and lightly crushed
2 tablespoons chilli flakes
300g frozen peas
2 red onions, diced
4 green chillies, thinly sliced
large handful of fresh coriander, thinly

Start by making the mince. Put a pan on the hob on a high heat. As soon as the pan is hot, pour in the oil with the onions and salt and cook the onions till they are golden and tender. Add the ginger and garlic pastes and cook through for a minute or so, then promptly add your beef mince and cook that, stirring and breaking it up as you cook to remove any hard clumps.

When the mince is evenly browned, add the garam masala, coriander seeds, cumin seeds, chilli flakes and frozen peas. Cook till the peas are cooked. Pop everything on to a wide tray and leave to cool completely.

Once cooled, add the raw filling ingredients – the onion, chillies and coriander – and mix through till evenly distributed.

Make up the glue by mixing the flour and the water to a gloopy paste, then set that aside.

Take the spring roll sheets and mark the pastry so you have three equal rectangular strips. When you

sliced

For the glue

7 tablespoons plain flour

7 tablespoons cold water

550g pack of spring roll sheets, defrosted (30 sheets)

oil, for frying

For the chutney

260g tamarind sauce

50ml cold water

1 teaspoon chilli powder

1 teaspoon ground cumin

1 small red onion, diced

small handful of fresh coriander, finely sliced

are happy, place on a board and, using a sharp knife, cut the rectangles. You should have three piles. Place two of the piles back into the packaging and wrap up tightly so they don't dry up.

With the rectangular chunk of pastry that you do have, look at the corner and you will see 30 layers of pastry tightly packed together. We need to peel this pastry, but in twos not single sheets. From the corner take two sheets and peel them together. Do this till you have 15 strips.

Lay a strip so the shortest side is closest to you, hold the bottom left corner and diagonally move the sheet towards your right, creating a triangle. You should see a visible triangle. F'lip the triangle over to the flat edge. Carefully glue that edge.

You should now have a pocket. F'ill the pocket with mince and glue the flap around the edges. Bring the flap over, sealing tight against the edges and going over till you have a triangle. Then do the same again and again, moving on to the last pile and then the last pile of sheets.

To fry the samosas, place a pan on the heat with oil coming two-thirds of the way up. Heat the oil to 180°C. Fry till golden and drain on a plate lined with kitchen paper.

Make the chutney by putting the tamarind sauce into a serving dish with the water, chilli powder, cumin, red onion and coriander. Mix through and serve with your samosas.

Beef and Pea Samosas

Eid-ul-Fitr

PATHISHAPTHA

Coconut Crepes

This is a classic Bangladeshi sweet treat that only ever comes out on special occasions and Eid is certainly an occasion for its grand entrance. These pancakes are filled with a sweet, smoky, coconut and molasses mixture.

Makes: 16 pathishaptha

For the batter

75g fine semolina
75g rice flour
150g plain flour
2 tablespoons caster sugar
pinch of salt
400ml whole milk
50ml cold water
oil, for greasing

For the filling

200g desiccated coconut
1 cinnamon stick
7 cardamom pods
2 bay leaves
500ml cold water
1 tablespoon ghee
225g date molasses

Start by making the batter. Put the fine semolina in a bowl with the rice flour, plain flour, caster sugar and pinch of salt and mix through. Make a well in the centre, pour in the milk and water and whisk to a smooth, even batter. Set aside and leave covered for 1 hour.

Meanwhile, make the filling by putting the desiccated coconut in a non-stick saucepan. Add the cinnamon stick, cardamom pods and bay leaves. Toast the coconut with the spices till the coconut is a deep golden colour.

Pour in the water, bring to the boil and leave to simmer till all the water has evaporated and the coconut is plump.

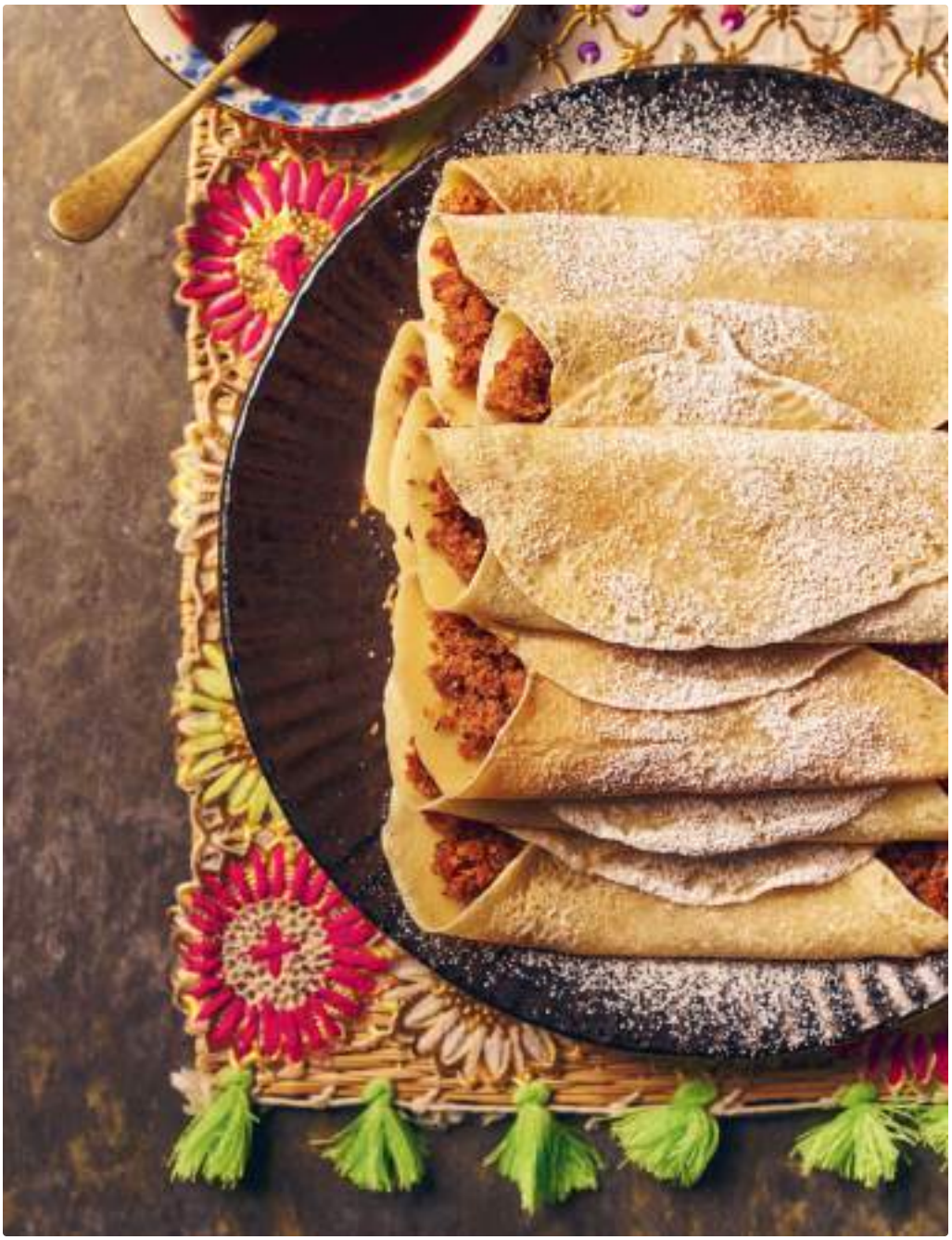
To the same pan add the ghee and date molasses and cook gently till the mixture is rich and thick. Take off the heat, transfer to a plate, remove the whole spices and leave to cool.

To serve
icing sugar

Now make the pancakes by taking a small non-stick pancake pan and lightly greasing with oil. Heat the pan and ladle in the batter, swirling to create a simple crepe. Over a low heat, cook till the surface begins to look dry and is no longer shiny.

Add a few tablespoons of the filling down the centre in a log shape and fold the two halves over to cover it. Take off the heat and make the rest.

Before serving, dust with a little icing sugar.



Pathishaptha

Eid-ul-Fitr

SPINACH AND PARSNIP PAKORAS

As the oil is already out, why not make some pakoras. I love to deep-fry and these are perfect for having some crispy, crunchy pakoras to go with everything else or just a picky snack as you enjoy Eid day.

Makes: 10–12

- 4 onions, thinly sliced
- 3 tablespoons salt
- 2 tablespoons chilli flakes
- 1½ tablespoons coriander seeds, toasted and lightly crushed
- 1½ tablespoons cumin seeds, toasted and lightly crushed
- large handful of fresh coriander, finely sliced
- 600g parsnips, grated
- 100g spinach, finely sliced
- 600g chickpea flour
- 200ml cold water (you may need less)
- oil, for frying

Start by putting the thinly sliced onions in a large bowl. Add the salt, chilli flakes, coriander and cumin seeds and fresh coriander. Get your hands in and really squeeze all the ingredients together to extract as much moisture as you possibly can. Cover and leave for 20 minutes.

Add the parsnips to the onion mix along with the spinach and mix really well. Add the chickpea flour and use your hands to bring together, adding the water a little at a time till you have a mixture that holds its shape when clumped together. When you get there, stop adding water.

Place a large pan on the hob and pour in oil two-thirds of the way up. Heat the oil to 180°C and start to add clumps of the pakora mix. Fry for 6–8 minutes, till golden and crisp. Drain and leave on a plate lined with kitchen paper while you fry them all up.

For the dip

- small handful of fresh coriander
- 4 cloves of garlic
- pinch of salt
- 300g plain yoghurt
- 4 tablespoons full-fat mayonnaise
- 3 teaspoons mint sauce

For the dip, put the small handful of coriander into a food processor with the garlic and salt and blend till everything is an even texture. Spoon the plain yoghurt into a serving dish with the mayo and mint sauce, add the contents of the processor and mix really well.

Serve this easy yoghurt mint dip with your hot pakoras.

Spinach and Parsnip Pakoras

Thanks

Thank you to everyone who worked alongside me to get this book out into the world. This is the book that I never imagined I would ever write, yet here it is.

Abdal, Musa, Dawud and Maryam: Ramadhan would be dull without you guys, you are the added sparkle to our already twinkling month of love and gratitude.

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Thank you, Chris, for first and foremost asking questions, listening and trying to understand my vision and for capturing it so

perfectly.

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Thank you to the entire MJ team that work tirelessly to put it all together and send it out into the world. Thank you Bea, Alice, Gaby, Ciara, Hattie and Anjali.

Thank you to everyone who buys this book, whether you observe or not, I hope this book gives you a sense of warmth and understanding for such a beautiful month.

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Gaza – Hidden Truths

Dr Vernon Coleman

The war in Gaza is our war.

But if you're American or British then you are clearly supporting the wrong side in the war. Your government is complicit in the worst genocide in living memory; a ruthless territorial grab and brutal ethnic cleansing disguised as revenge killing.

At the United Nations, thirteen nations voted to demand a cease fire – to stop the Israelis continuing their slaughter of babies and children and old people in Gaza.

Two countries did not vote for peace.

The United States of America, under Biden, vetoed the vote – which means they voted to allow Israel to continue the slaughter. What's the difference between supporting Israel's genocide and supporting Germany during the Second World War? If there is a difference I cannot see it.

A genocide is a genocide is a genocide is a genocide is a genocide.

Biden effectively said to Israel: `It's OK to kill as many children as you like. Here are some bullets and bombs which you can use.'

The United Kingdom, under Sunak, sat on the fence and abstained. In practice this means that Sunak also said `Carry on Murdering'. Sunak, like war criminal Blair, is an American poodle. He barks when he's told to bark. And he does nothing when he is told to do nothing. As I predicted at the start of the Iraq war, Blair became very rich. What's Sunak's price? Whatever it is, the result is that Britain has stamped the genocide with Sunak's seal of approval. This is the worst, most cold-blooded war crime in modern history, and Sunak has turned his back on decency, compassion and honour. Why I am not surprised.

Israel, as some brave Jews now agree, has weaponised the `holocaust' and uses history as its perennial get out of jail free card. Netanyahu and the Zionists seem to think that history gives them special rights – and entitles them to behave contrary to human, moral and criminal laws.

And since the Israeli Government must know that they are creating a perpetual state of war, their aim is presumably to destroy millions. To an outsider it seems as though the aim of this mass infanticide is to eradicate a nation. As I explained in my recent video I believe that whatever other aims Israel and Netanyahu may have, removing the Palestinians from Gaza and the West Bank is part of a plot to gain financial control of the vast oil reserves which lie within those areas (and under the sea off Gaza). You can watch my video via the VIDEO button on www.vernoncoleman.com

Check out what I said.

It seems that Israel's plan is to move all the Palestinians off their land and turn millions into permanently homeless refugees.

The Israelis told the Palestinians to move South so that they would be safe. And when families moved to the South of Gaza, the Israelis started to bomb the places which they'd previously defined as safe. Today, the plan seems to be to bottle up the remains of a population of over two million people in an area the size of Heathrow Airport – without water, without food, without electricity. This is, by any standards, historic or modern, a cold-blooded, criminal, relentless massacre.

Naturally, pro-Israeli bots are furiously criticising and abusing anyone who dares to speak out about these war crimes. Anyone who protests about the genocide is, perversely, attacked, demonised and threatened by bots which are programmed to defend Israel whatever it does.

I don't believe any real individual can possibly now support what Israel is doing. The vicious, wild abuse, lies and prefabricated distortions must come from bots controlled by the security forces and propagandists. I repeat: I do not believe that anyone with an ounce of decency in their hearts could possibly support what Israel has done, is doing and clearly plans on continuing to do with American and British approval.

Of course, I am on record, with everyone else, as deploring what happened on October 7th 2023. It was horrendous.

But just what did happen on that fateful, awful day?

Did Israel know of the Hamas attack beforehand? Is it true that the Israelis knew what was happening but gave no warnings?

How many of the Israelis who were killed were actually killed by the Israelis? What on earth happened?

There have been many claims that the attack on October 7th was a false flag operation. Naturally, these claims were dismissed by Israel and its defenders.

But where is the truth? What hidden truths lie behind the façade which has been built up by the ever compliant and corrupt mainstream media?

I find I cannot believe anything the Israelis say because they seem to me to have lied, lied and lied again.

All that can be said with certainty is that the attack on October 7th was incredibly convenient for Israel in general and for Netanyahu in particular.

It gave the Israeli military an excuse to move into the Gaza Strip and start the genocide. And the attack meant that the corruption trial of Netanyahu was halted. It's important to remember that Netanyahu is the first sitting Israeli prime minister to appear in court accused of fraud, bribery and breach of trust (charges which he denies). After October 7th the trial was halted – though I believe it will now restart.

Whatever the truth about what happened on October 7th, there can be no doubt that the continuing genocide and the mass killing of thousands of innocents (including many thousands of babies and children) is a continuing war crime.

Saying that the slaughter isn't a war crime, or is explicable in some way, is itself criminal; and doesn't excuse what is happening. As I said right at the beginning, nothing gives an individual or a nation the right to kill indiscriminately whether out of revenge or alleged self-defence. If you have to slaughter babies by the thousand then what are you defending yourself against?

Those Western journalists and commentators who continue to support Israel, and to avoid asking the difficult questions, are supporting war crimes.

And finally, just what are the medium and long-term aims of those behind this genocide?

Is it part of the bigger plan to take us all into the Great Reset?

The approval of the USA for what is happening in Gaza makes it difficult to believe that we are not seeing another move forwards in the determined and ruthless plan to kill the innocent, to destroy the world economy and to take away every remaining vestige of our freedom.

These are dark, dark days, my friends. I fear for the people of Gaza but I also fear for us all.

As you know I am banned everywhere for the crime of telling the truth. Please share this article everywhere you can.

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Vernon Coleman's book `Their Terrifying Plan' explains the history behind the Great Reset. `Their Terrifying Plan' is available as a paperback and an eBook. All Vernon Coleman's income from the book is used to pay for copies of `Their Terrifying Plan' and other books about the Great Reset to be sent to influencers.

Home

Their Terrifying Plan

VERNON COLEMAN

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NATALIE PORTMAN is an Oscar winner for best actress, director, producer, activist and starred in films such as **Closer: Too Close, V for Vendetta, The Professional, Cold Mountain, Love and Darkness, Jackie, Thor: Love and Thunder,** several of the franchise Star Wars, in addition to **Black Swan.** She was born in Jerusalem, Israel, graduated from Harvard University and currently lives with her family in Los Angeles. **Fábulas** is his first illustrated book.

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THE ILLUSTRATOR

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NHS What's wrong and how to put it nght
They want your money and your life

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Diaries and Autobiographies
Diary of a Disgruntled Man
Just another Bloody Year
Bugger off and Leave Me Alone
Return of the Disgruntled Man
Life on the Edge
The Game's Afoot
Tickety Tonk
Memortes 1
Memories 2
Memories 3
My Favourite Books

Animals
Why Animal Experiments Must Stop
Fighting For Animals
Alice and Other Fnends
Animal Rights - Human Wrongs
Animal Experiments - Simple Truths

General Non Fiction
How to Publish Your Own Book
How to Make Money While Watching TV
Strange but True
Daily Inspirations
Why Is Public Hair Curly
People Push Bottles Up Peaceniks
Secrets of Paris
Money power
101 Things I Have Learned
100 Greatest Englishmen and Englishwamen
Cheese Rolling, Shin Kicking and Ugly Tattoos
One Thing after Another

Novels (General)
Mrs Caldicot’'s Cabbage War

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Mrs Caldicot's Knickerbocker Glory
Mrs Caldicot’s Oyster Parade
Mis Caldicot’s Turkish Delight
Deadline
Second Chance
Tunnel
Mr Henry Mulligan
The Truth Kalls
Revolt
My Secret Years with Elvis

Balancing the Books
Doctor in Paris
Stones with a Twist in the Tale (short stories)
Dr Bullock’s Annals
The Awakentng of Dr Amelia Leighton

The Young Country Doctor Series
Bilbury Chronicles
Bilbury Grange
Bilbury Revels
Bilbury Country
Bilbury Village
Bilbury Pie (short stories)
Bilbury Pudding (short stones)
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Bilbury Days
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Novels (Sport)
Thomas Winsden’s Cricketing Almanack
Diary of a Cricket Lover

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The Village Cneket Tour
The Man Who Inhented a Golf Course
Around the Wicket
Too Many Clubs and Not Enough Balls

Cat books
Ahce’s Diary
Alice’s Adventures
We Love Cats
Cats Own Annual
The Secret Lives of Cats
Cat Basket
The Cataholics’ Handbook
Cat Fables
Cat Tales
Catoons from Catland

As Edward Vernon
Practice Makes Perfect
Practise What You Preach
Getting Into Practice
Aphrodisiacs — An Owner's Manual

The Complete Guide to Life

Written with Donna Antoinette Coleman
How to Conquer Health Problems between Ages 50 & 120
Health Secrets Doctors Share With Their Farmilies
Animal Miscellany
England’s Glory
Wisdom of Animals

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Dedicated to Antoinette
Thank you for being you and for being with me.

Thank you for every day you spend with
me. Every day 1s a gift from God

* Over that little life that still remains to me,
and at my death, deign that your hand be present.

You know You are the only hope I have’
(From the Canzoniere by Petrarch)

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Part One SHARE = EDIT DELE!

1
It is customary, when wnting a book explaming how and why something has happened, to put the history bits first, to explain the past before dealing with the present and, possibly, the future

In this book I have done the opposite
I have begun, in Part One, with an account of the world in which we hve,

drawing attention to the anomalies and mconsistences, the threats and dangers and soon Itis an objective analysis of the world in which we hve, and the anomahes and apparent coincidences which now make up our everyday lives

In Part Three, I have analysed the events which have brought us to this unhappy state, the very brink of the Great Reset and the New World Order In this part of the book IJ have explained in some detail the who, the why, the what, the when and the how Many apparently unconnected events have taken us slowly but certainly towards the position we are mn now' on the very bonk of the Great Reset and a permanent loss of our freedom and the essentials of our humanity

It can be confusing and bewildering to try to work out why a bunch of bilionaire bankers shouid stand behind gangs of communists, neohberals and rampant fascists The attraction of fascists for communists, and vice versa, 1s no mystery They appear to stand, or sit, at the far ends of a pohtical continuum but in fact the continuum is a circle not a line and fascism and communism sit closely together The term 'neoliberal' is, of course, merely an acceptable, madern replacement for the word 'communist' But why would billionaire bankers sit with neolkberals?

The explanation is a simple one
The bilhonaire bankers know that a world government will mean that some-

one has to look after all the finance, commerce and natural resources and take control of all the money And they, the bankers, will selflessly step forward to take control— with the neoliberals providing the front men and women for a to-tahtanan government which appears to rule the world but which merely serves as an admimstration for the puppet masters A world government will mean a world court, a world army, a world central bank with a single (digital) currency, a world tax system, a world welfare state, world economic planning, mandatory population control of some kind and with health and education organised on a global scale It will also mean that members of the pubhe will not be allowed

to own any weapons Think about 1t carefully and you will realise that some of these aspects of world government already exist and the rest are 1n preparation

A look at Part Three of this book will show you precisely how the bankers and financiers have, throughout the 20th and 21st century, already succeededin using politictans and organisations such as the United Nations to enable them to take control of many of the world's resources, much of the world's wealth and mndeed, whole countnes This part of the book 1s a timeline for the accumulation of oppression, deceit and egregious corporate and institutional behaviour The bilhonatres and bankers have for decades been investing billtons of dollars in their takeover and they have been using taxpayers' money, and the hard work of small farmers and workers everywhere, to help them take control They have used defence spending and foreign aid programmes to enable them to take more and more power, and they have financed somal unrest and the absurd climate change myth in order to introduce legislation which furthers ther ambitions and gives them ever more power over everyone and everything In a fair and decent world power should be shared among the people In the world which the globalists are preparing, all the power will be in the hands of a few, unelected greedy, self-centred mdividuals

I haven't filled this book with references because ta do so would add a month to the time taken to prepare the book for publication And there isn't time Time isrunming out Also, todo so would double the size and price of the book Readers who question or doubt any of my assertions can easily check them valdity by doing research of their own {remembening, of course, that the essence of good research is to know what questions ta ask and where to look to find honest answers - usually outside anything associated with mainstream media organ-isations, which have persistently and determinedly refused to print evidence which does not support the theories which are favoured by the conspirators)

It is vital to understand that there ts no evidence that man-made climate change 1s a dangerous threat, or even exists, and a considerable amount of evi-dence to show that changes 1n the weather are nothing more than the ordinary climactic changes which have occurred since man first started noticing and recording the weather The sometimes scary scenarios publicised by the climate change cultists (for whom the collective term should be 'enemies of manland') are nothing more than scaremongering propaganda produced by people who will never allow any debate or discussion about their prognostications It is Important to remernber that for some years now the conspirators, desperate to

create changes in the weather, have dumped mulhons of tons of potentially toxic sun-blocking nano-particulates such as alumina, barium and strontium above the earth in sometimes successful attempts to affect the weather, damage crops and cause mass starvation And as thetr efforts begin to work, they will demand more restrictions and more lockdowns and claim, inevitably, that these are nec

essary because of the changes in the weather which will by then have taken place

Remember everything! have reported in this book can he easily checked from reliable sources J have included a short bibliography at the end of this book to help you do your own research I own and have read all these books (and many more) in preparing this volume

2

The conspirators are winning (and they obviously are) because they have taken complete control of the maimstream media and much of the internet, They know that if you control what people tead, see and hear then youcan control what they think The mamstream media has always been fairly corrupt but m recent years the corruption has become absolute Broadcasting organisations such as the BBC and newspapers such as The New York Times now specialise im the dissemination of propaganda, misinformation and disinformation, rather than news

Propaganda used to be crude It used to consist of posters and slogans and it used to be promoted m a pretty obvious sort of way Simple, dramatic propaganda probably reached its apogee during the First World War when the Enghsh were taught that the Germans were eating babies In Germany posters everywhere simply read 'God Punish England’

But slowly, the psychologists and the brain washing experts took over and propaganda became infinitely more subtle and ever-present.

In 1957, Vance Packard wrote a book about advertising and he called 1t The Hidden Persuaders He explamed how advertising copywniters used psychological tricks to persuade us to buy the products they were selling. They sold soaps and deodorants by suggesting that if you didn’t use their product then, well, not even your best friends would tell you the unpleasant truth Copywriters used guuit, greed and envy to make consumers open their wallets and their purses and to spend more than they could afford on products they didn’t really need but had been tricked into beheving that they wanted or had to have

Today, most propaganda 1s unrecogmsable as such Crude threats of pestilence, war, famine and death have been replaced with subtler, created fears Occasionally atriptych phrase or an advertisement will stand out as rather obvious and clumsy but most of the time ideas and fears are promoted and 'sold’ in the

same Way as cars or cornflakes but are sold with a subtlety which makes it nigh on impossible for the casual observer to realise that they are being mampulated And, of course, that isn't surprising since the people behind the mampulation are well-qualified professionals, many of therm trained in war-time psychological techniques used to oppress and convince resistant ervilian populations

Propaganda isn't always what tt seems to be and even intelligent observers can sometimes find it difficult to work out precisely what the ultimate arm of a particular campaign might be Some propaganda material appears on official government advertisements, of course, but most of it appears in the traditional mainstream media As the pandemic fraud began in 2020, so shops and businesses began to stop buying advertising There was no point tn compames spending money on buying adverts when all the shops and most places of business were closed by the strict lockdowns that were mn force around the world (The key thing to remember ts that everything that happened at that tame happened in virtually every country in the world Never before had such strict and identical laws been introduced on a global scale) And so governments stepped m with huge advertisernents, bought every day at full price The big mainstream media companies (newspapers, magazines, radio and television) had never had things so good Internet companies also found that they were recerving huge amounts of advertising money from governments And, of course, in the UK the BBC had already been bought with the licence fee and the huge hand-outs of taxpayers' money which the corporation had become accustomed to receiving

(In addition, the BBC entered into a financial arrangement with a certam Bull

Gates, an amateur vaccine enthusiast and professional investor in vaccine companies, whose enthusiasm for hiring doctors and nurses to shick needles into strangers was and is unprecedented. It is difficult to think of a more disreputable organisation Gates, like Prince Andrew, was a close friend of Epstein and has financtal links with many media compantes including The Guardian which published a painfully obsequtous article about him The BBC has broadcast lies, denied truths, taken sides, when 1t 1s supposed to be impartial, supported the EU, from which it has received bucket loads of moncy, and broken at least one very significant promise -to provide free TV licences to those over 75)

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And to make sure that propaganda works most effectively, the people paying for the propaganda ensure that their messages remain free of opposition by using censorship ta control critics and those offering questions or alternative points of view

Propaganda and censorship are twin, synergistic weapons used to control public opinion and to promote the views (whatever they may be) of those paying for the propaganda and the censorship Opmions and facts which don't fit the conspirators' agenda are suppressed or cornpletely banned.

(It has recently been suggested, by a social psychologist, that students should be taught how to counter conspiracy theories and propaganda Such a scheme was introduced in Finnish schools in 2014 I would welcome such a scheme if

I had any faith that those teaching the curnculum were able to define ‘propaganda’ fairly and objectively Sadly, the evidence shows that the world 1s awash with dishonest, bought-and-paid-for fact checkers and ‘misinformation and disinformation’ units {such as the one run by the BBC) which merely promote and defend what the conspirators tell them to promote and defend)

The result of all the propaganda, 1s that most people still seem to think that the barrage of bad things happening are all happening now by accident or by comcidence That simply isn’t true Everything is happening on purpose; everything is orchestrated There ts a malign force manipulating our lives - a malign force controlled by the conspirators It is no accident that there is now an untreated global epidemuc of anxsety and depression with mental health problems now probably the commonest health disorder affecting chnldren It1s ternfying to see that in the UK well over eight million people are being actively treated with anti-depressant drugs (which, for the record, have been shown not to work)

Today, propaganda is used to manipulate and to control
All things considered it is perhaps not surprising that there are so many

strikes around the world, why violent nots are commonplace, why mflation is soaring, why health care is detertorating rapidly, why travel has become deeply unpleasant (when t's possible), why millions of children are uhiterate and imnumerate, why the police no longer bother investigating senous crimes and why corruption 1s now so commonplace that no one in authonty notices or cares

3

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While propaganda around the world has been spread by professional teams of misinformation specialists, debate and balanced discussion has been banned.

For years now itt has been illegal even to discuss the holocaust (which was, uniquely, dignified with an initial capital letter, in the sarne way that covid was subsequently given an initial capital letter or, in many cases, written out entirely in capital letters to make the word look even more important)

I don't question the holocaust | don’t pretend to know what happened or did not happen

What I do find tmmensely troubling 1s that experts who claim to have evidence, or substantiated views, can be sent to jail simply for wanting to debate the accepted truth

And this clampdown on debate is being extended
The marnstream media refuses to debate climate change, the covid pandemic

or the dangers of vaccination - among other things A very dangerous precedent has been set Governments want criticism of vaccination programmes to

be treated as terrorism. At least one US Presidential candidate for the 2024 elec tions has said that cntics of clumate change theory should be put in prison

Since the 1980s, the clyrmate change myth has been promoted with great certainty by the controlled mainstream media But nothing that has happened in the last century has been in any way abnormal, and for cultists and meteorologists to claim that they are able to warn with confidence of what the weather wil be hke mn 50 or a 100 years time is extraordinarily nonsensical, since weather forecasters have a job to predict what tomorrow's weather will be like with any degree of accuracy

The truth is that the majonty of climate change sctentists do not agree that man-made climate change 1s a problern and most of the hystertcal warnings which have appeared in the media have been based on computer simulations and are worthless

For a brref summary of the clymate change fraud |] recommend a small book entitled 'Greta's Homework', written by Zina Cohen Many of the most absurd scaremongers have been proved wrong time and time again So, for example, one leading expert (Dr Kenneth E.F Watt, an ecologist at the University of Cahforma, predicted that the world would be 11 degrees colder by the year 2000 and that we would be in an Ice Age }

There ts no scientific evidence supporting the politically motivated claim that climate change ts a real problem The climate change myth was created by the

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globalists who are desperately trying to create a threat which will move us towards a world government And sadly, now, most people don't question what they are told, Some are too frightened of what they might hear to ask questions, they don't want to know the answers and they don't want to have to confront the fact that they are ving in a world where the propagandists (such as the New York Times, the Washington Post and the BBC) have turmed black into white and white mto black Some symply do not beheve that they could have been hed to so consistently and so vehemently

The same is true of other scare stories which have been run in recent years Broadcasters, newspapers and respectable sounding pressure groups have all hed constantly and consistently about the ozone layer, acid rain, polluhion and infections

Huge amounts of money are bering made by the campargners and professional agitators who run the organisations and charities trying to 'sell' the myth of chmate change

As happened with AIDS in the latter part of the 20th century, anyone promot ing the offiaally approved party-Line will be swamped with grants and financial support

(I remember debating the isstte of AIDS on LBC radio in London Afterwards,

standing on the pavement outside the studio, | asked my ‘opponent’, a campaigner for a homosexual group, if he really believed the nonsense he had shared with the audience He readily admitted that he didn't, but that he had lied and produced fake figures simply to try to wm the argument He was, he said, concerned that if AIDS were considered to be a problem which only affected homosexuals then it would receive no public support or money)

On the other hand, anyone who questions the myth will be destroyed professionally Television performers who stick to the globalists’ hne about climate change are feted and offered vast sums of money while those who even dare to question the official lime suddenly become unfashionable and unemployable

Those who argue that man-made climate change ts a serious problem consistently refuse to debate their views in public As with the covid-19 vaccine, the refusal to debate ts good evidence of a fraud and a cover up

The result of all the lies is, I’m pleased to report, that the majority of people simply don’t beheve that clmmate change ts real Even after being bombarded with threats and fears, managed and controlled by governments, pressure

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groups and international borhes such as the United Nations, most people remain resolutely sceptical

4

The true story of the conspiracy taking us towards the Great Reset and the New Normal is a story of unprecedented wickedness

It 1s a story which has taken me years to unravel It 1s a story of deceit, cor ruption and of a small group of men and women with an unquenchable thirst for power and an unnatural appetite for wealth It 1s a shocking story which explains how a small group of relentless megalomaniacs have mantpulated bilhons of people around the world into believing a completely fabricated myth - the myth of man-made climate change - solely so that they can take complete control and create a new world government (Note the term ‘climate change’ 1s now frequently used together with the prefix ‘existential’ as though this gives this entirely unsubstantiated theory some gravitas.) It is a story of how well-meaning but native tndividuals have been tricked into believing carefully concocted hes about the environment, and then acting asf those hes were true Itis a story of financiers and bilhonares bribimg and pulling the strings of politicians and bureaucrats Itis a story of endless deceits It is a story of conspirators deliberately turning free men and women into slaves, unable to take responsibility for their own actions and totally dependent upon the State for everything they do It is a story of ruthless advocates for fake pandemics deliberately creating fear and panic and then offering some sort of solution This1s, in short, a story of the most hommfying, evil plot ever concocted by man and in this book I wall give you the evidence showing how this fraud has been carefully and del:berately manufactured

Throughout the world, governments have accepted the agenda force-fed to them by a cadre of neo-hberals Exactly the same economic mules are now apphed everywhere So-called reforms introduced by the World Bank, the International Monetary Fund (IMF) the World Trade Organisation and the Federal Reserve, and the central banks under the auspices of the Bank of International Settlements tn Switzerland, and all sponsored by the Bretton Woods institutions have created a perfect environment for global banks and multmational corporations The label ‘neohberal’ nught imply a kindly, free market system but under the authonty of the neoliberals a new system has been created which gives authonty, power and pretty well nearly all the money to the bankers As both Plato and Aristotie

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recognised, wealth 1s addictrve The bankers behind the conspiracy to create a World Government can never have enough money They man:pulate, they he, they cheat, they defraud and they have no feeling for the people from whom they steal As long as they get another billton or two tnthe bank they don't care about the millions who die And they prefer to make their money without having to work for it

5

I should mention, in passtng, that the IMF and the World Bank and so on are regulatory bodies which were created to operate on behalf of the world's governments but m practice they operate on behalf of the world's biggest banks and corporations and work with secretive and unelected organisations such as the Trilateral Commmssion, the Bilderbergerzs, the Council on Foreign Relations the International Chamber of Commerce, the Trans-Atlantic Business Tnalogue, the United States Council for International Business, the Institute of International Finance and the World Economic Forum Itis the last of these, the WEF, with its annual meetings mn Davos, which ts perhaps the most dangerous (] wall explain how these organtsations work in Part II of this book) These organisations meet in secret with bankers and do so in closed sessions Most of their deliberations and conclusions are secret - even though the costs of thetr meetings, and the huge costs of the security provided may be met by taxpayers

6

You have been subjected to a barrage of les for much i not all of your hfe You have been the victirn of a confidence trick of brobdingnagian proportions, a deceit that even the Baron Munchausen would probably find too unhkely

And yet, as I have promised, everything I’m about to tell you is true In Part Three of this book I have named names and places and I've given dates in order to explain precisely how, when, where and why this fraud has been systematically concocted The globalists describe anyone who questions what is happening as a ‘conspiracy theorist’ but when you've read Part Three, you will realise that this conspiracy is no theory

The bottom lime, the unavordable, unpleasant truth, is that everything 1s far worse than you thought 1t was The world is not being deranged by accidents, it is not being deraled by coincidences Everything that 1s happening has been carefully planned, everything 1s deliberate We are victims, you and I, of the

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biggest, longest and most comprehensive conspiracy in history Slowly, me thodically and ruthlessly, a relatively small group of conspirators have steadily taken control of every major institution in the world They have bulhed world leaders, they have replaced kings and presidents with their own men and they have stolen and deceived in a way that the Cosa Nostra would surely envy The conspirators are for the most part Amencan and phrases such as ‘US exception-alism’ and the ‘reserve currency dollar’ mean that the United States can ignore international law, tell other countries what to do, invade sovereign states with impunity, wage wars at someone else's expense, build up massive, international debts which they never intend to pay off, steal natural resources (such as oil, gold and minerals) without compensation or apology and force countnes to hand over assets and local monopohes to multinational companies in America

All around the world billions of people have been threatened, impoverished, bullied and puntshed tn order to enrich American banks, American financiers and American corporations In many cases where Americans have invaded and stolen resources they have left behind chaos and abject poverty Look, for ex-ample, at what happened to Iraq, Libya and Syma to give but three modern examples

And the final irony ts that despite the fact that it has pillaged and raped whole continents, the United States is now by far the world’s largest debtor It has suc-cessfully turned the dollar into a way to make other countries finance tts global war mongering The foreign reserves of central banks around the world consist of dollar dominated assets and only now (in 2023) are countries such as China, India and South Africa demanding new principles for international law, trade and finance

(Itis curious, by the way, that rmllions who beheve in the existence of the Cosa Nostra find 1t impossible to believe that well-educated men and women from good famrhes could possrbly be mvolved in an even bigger scheme to control the world’s population The members of the Cosa Nostra, the Triad and simular or-ganisations are content with running drugs and prostitutes, and to protect their enterprises they steal, maim and kill hundreds of people The conspirators, the bankers and financiers, and their allies (whom I classify as the collaborators) want control of everything and everyone and to protect their ambitions they steal, maim and kall hundreds of mllrons)

And both conspirators and collaborators have acquired a robust sense of entitlernent

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A medium level bureaucrat worlang for the Government im India accidentally dropped his smart phone into a reservar So he had the reservoir drained, with millions of gallons of water being wasted, so that he could look for his phone

Every where tn the world, on an hourly basts, entitled bureaucrats abuse their power tn a thousand different ways

7

The wickedness, the lmnutless greed, the hypocnsy, the blatant cruelty, the ruthlessness and the depravity of American politicians, bankers and billionaire financiers is hard to believe

For over a century ruthless men and women, some of them well-known, some

of them the holders or former holders of public office, some of them secretive and anonymous and some of them freelance power brokers who have moved effortlessly from the world of finance to the world of government and back again So, for example, numerous executives have moved between banks such as Galdman Sachs on the one side, and governments and the most powerful NGOs (such as the World Bank and the International Monetary Fund) on the other

Rents, interest and huge financial charges (ancluding massive bonuses paid to bankers whether or not they have done their jobs well) are, bizarrely, counted as 'financial services' and listed in a nation's accounts as part of the country's Gross Domestic Product

(Financial services should really be regarded as debts and countnes, such as the United Kingdom, where financial services make up a major part of the nation's GDP must inevitably be doomed In those countnes, real productivity (making things and providing genutne services) have become secondary to the provision of lending money and the fees and charges associated with mon-eylending)

Anyone who questtons the role of the banks 1s, mevitably, described as a 'con-spiracy theomst' and as 'discredited' Those terms appear time and time again, so often that it is clear that they are designed and spread by specialists working for agencies such as the CIA And the abuse is decorated with decades old startes which can be rewritten to produce doubt, by mampulated truths, by half-truths and by downright hes Anyone who questions governments and bankers will be labelled a conspiracy theorist and called discredited by a fake encyclopaedia called Wikipedia which appears to be controlled by the CIA and simular organtsa-tions from other countmes

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(Larry Sanger, the despairing co-founder of the site Wilapedia, has used the word 'corrupt' to describe his creation A deal between Wilapedia and Google means that the lres put on Wikipedia are reproduced on Google to reach a larger audience)

The hes help to prevent anyone exposing the conspiracy from reaching more people The conspirators and the collaborators who work for and with them are specialists in psychological warfare and in the basic elements of 'controlled Opposition

The key thing to remetnber 1s that there are now no coincidences in geopolitics or modern history and nothing 1s happening by accident However chaotic and unpredictable and out of control you feel things are, you should understand that everything that has happened 1n the last few decades (and particularly in the last three years) was planned It was, indeed, planned so carefully and with such precision that for the last three years in particular, since early 2020, tt has been possible to forecast what will come next (I have predicted almost everything that happened since early 2020 and the evidence for that 1s available on my websites)

I naturally hope that as many people as possible will read the evidence I've collected and will tgnore the attempts by the conspirators and the collaborators to discredit me and the book Sadly, most ofthe people who should read this book won't touch it, they won't read tt because they have been brainwashed by the maimstream media working for the conspirators

I have been thoroughly discredited and demonised by the establishment, and the fact that for over 50 years I have produced accurate predictions and analyses has been suppressed and ignored The very fact that this book will not be available in bookshops or public libraries, and will not be reviewed, or even mentioned mm the mainstream media, tells us much My books have been published by many leading hardback and paperback publishers and have been transiated into 26 languages and sold around the world But, as with my other books on this subject, I will have to publish this book myself because no orthodox mainstream publisher will dare publish it In the past most of my books were senahsed m newspapers and magazines Several of them were turned into senes for television and radio This book will not appear anywhere else Like everyone else telling the truth Iam led about, sneered at and ndiculed by agents working for

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the conspirators I no longer care that saying this makes me sound paranoid be cause | know that Iam not

The conspirators were never gomng to take any chances They knew that once they had begun their campaign towards the Great Reset (formerly known as the Great Merger) their propaganda campaign would be opposed by people who could see through the les and the misinformation

And so, nght from the start, they knew that they would have to stamp down hard on anyone (especially doctors or media professionals) who dared to question the official line Anyone who didn’t agree wholeheartedly with the idea of the Great Reset was demonised as a right wing extremist and immediately discredited

Branches of the military and the secret services were employed to attack and discredit the truth-tellers In the United States of America the CIA has been extremely active tn this area. And the FBI has worked with Ukraimian intelligence to censor and suppress Americans on social media (tn breach of their first amendment rights) In the UK, much of the work of disinformation, misinfor-

mation and demonization and abuse has been m the hands of the Bntish Army's 77th Bngade For example, right from the start the 77th Bngade put abusive and libellous remarks in the comments section underneath videos questioning the official line on the pandemic The abuse was often crude My videos were constantly full of libellous comments claiming that I did not have a medical degree, that I was a fake anda fraud And GCHQ (the UK Government's spy centre and eavesdropping agency) was ordered 'to wage cyber war on anti-vaccine propaganda' and 'to take out anti-vaxxers online and on social media' GCHQ, paid for by British taxpayers, has used dirty trick tactics to control, infiltrate, manipulate and distort online information GCHQ's own Twitter account claims that their 'brightest people brmg together intelligence and technology to keep Britain safe' but in May 2021, the European Court of Human Rights ruled that GCHOQ's methods violated the nght to privacy and that its regime for the collection of data was unlawful Who at GCHQ decided that the agency had the mght to suppress the truth and to promote lies 1s still a mystery The end result of this treachery has been that thousands of people have been killed or injured because they were denied information about the covid 19 'vaccine' which might have helped save them from listenme to inaccurate information on the BBC and other areas of the mainstream media

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A shghtly more subtle approach was to hire individuals to pretend to be on the side of the truth-tellers | suspect that at least half of those claimmng to be 'truth-tellers were actually working for the opposition Some have ridiculously complex organisations and they have often been hugely successful at collecting money {Some have collected millions of pounds from gullible supporters and, 1n some cases, big fees from drug companies) And there were others who regarded the pandemic as a career booster and were pliable enough to be allowed onto mainstream television and radio stations where what they said could be directed or manipulated (The real truth-tellers were not allowed access to any mainstream media.)

There 1s nothing new m any of this, of course The authonties have always infiltrated pressure groups or those who threaten to cause disruption

I have always been very active in the campaign against animal experimentation and back tn the 1970s and 1980s anti-vivisection campaigns were regarded as the major terrorism threat in the UK The security services, MI5 and Special Branch, admitted that the absence of outside, traditional terrorists meant that

in order to justify their existence they had to find some alternative and ant vivisection groups were selected as the most suitable target This sometimes had bizarre consequences On one occasion a group of five alleged extremists was arrested Unfortunately, it was quickly found that four of the alleged extremists were actually representatives of various official groups One was a member of Spectral Branch, one was an MI5 officer, one was a pohceman and one was an undercover journalist Only one member of the group was a bona fide animal rights activist Initially, the actimst was charged with the very serious offence of conspiracy but the case quickly fell apart, and was abandoned, when the prosecutors realised that a conspiracy requires two or more tndividuals - you cannot

change a solitary individual with conspiracy This was not an isolated instance It was common place to find that groups protesting or campaigning agamst animal experrmentation had been infiltrated by those promoting or supporting vivisection - though the majority of the infiltrators were being paid, either by the Government or by the drug industry

Much the sarne thing is happening today among those telling the truth about the banks, climate change, fake pandemics and toxic 'vaccines'

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There 1s much bewilderment among mtelligent doctors and scientists as to why so many doctors kept quiet about the hes being told when the covid-19 hoax and the fake pandemic unfolded Around the world, hundreds of thousands of doctors kept quiet about the covid-19 'vaccine' and continued to prescribe a product which has been accurately described as the most dangerous and damaging sin gle pharmaceutical product ever marketed The covid 19 jab did not do what the establishment promised it would do but, at the same tame, 1t caused countless thousands of deaths and serious injuries among the patients who were injected

There are two explanations for the fact that so many doctors ignored the evidence and did what they were told to do by dishonest advisors within the medical establishment and bought and pard for journahsts and celebrities

The first explanation 1s that all over the world doctors were extraordmaniy well paid to give the covid 19 jabs Hospitals were given bmbes (labeiled as bonuses) which were dependent upon the number of patients they injected Doctors were bought off, and dissuaded from asking too many questions, by being patd well over the normal fees for piving vaccinations Those doctors wall, in due course, appear in court where they will be unabie to mount any sort of defence To say that they behaved unprofessionally and greedily 1s a massive understatement

The second explanation 1s that doctors were too terrified to speak out against the medical establishment because they saw what had happened to colleagues who dared to share their views with then colleagues and the general public and who had had the:r licences removed by the official heensing authonties and, in addition, been vilified by the media

The truth, so well hidden during the last three years, 1s that the medical establishment was, as it has been for decades, controlled by the pharmaceutical industry and instead of looking at the facts ucensing authorities around the world merely did as they were told to do Numerous doctors lost ther licences, and thei hvelshoods, because they dared to speakoutandtelithetruth The majonty of doctors, seeing what had happened to those who spoke out, kept quiet and betrayed their patients, themselves and their profession Those gutless wimps should be ashamed

In the United Kingdom, doctors are licensed by the General Medical Counal,

an organisation which ts, in theory at least, a chanty but which appears to have some of the worst qualities of a quango, a government department and an en forcer for the drug industry I believe that drug companies control governments,

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they control the medical establishment and, it appears, they may also control the UK's medical licensing authonty-— the General Medical Council

The GMC has become infamous for its extraordinarily one-sided defence of the exaggerated covid pandemic and the potntless but enormously dangerous covid vaccine

When the fake pandemic was first promoted in February and March 2020, | ummediately described the covid scare ahoax The figures available proved without any question that the danger of what was clearly merely a rebranded annual flu had been massively exaggerated by people who had a bad track record at assessing the relevant figures In the UK, the Government’s own official advisors agreed with me, dismissing the covid 19 infection as being no more dangerous than the annual flu Inevitably perhaps, their expert advice appears to have been ignored in favour of advice from a mathematician with a termble track record.

Naturally, the conspirators behind the exaggerated risk did not like my description of the covid scare as a hoax (a video I made was seen by many millions within days) and I was quickly demontsed and Led about in the media The GMC couldn’t take away my licence because their own admunistrative rules meant that, as with many doctors, my retirement from active practise meant that I'd had to give up my licence But younger doctors, who were convinced by my arguments or who reached the same conclusions, were to feel the full wrath of the drug company controlled medical establishment

So, for example, consider the case of Dry Mohammad Adil who, until three years ago was a respected surgeon working inthe NHS Three years ago, Dr Adil criticised the Government line on covid, and the GMC responded by taking away his lrcence - meaning that he could no longer practise as a surgeon or, as a doctor in any capacity Three years later, Dr Adil still didn’t have his licence back The cost to him has been extraordinary And we should not forget the cost to the NHS If we consider that im those three years he could have performed 1,000 operations a year — not an unltkely number-then his three year banishment means that 3,000 patients have been denied the operations they needed

Several other doctors in the UK had their licences removed for criticising the absurd and indefensible covid policy And exactly the same thing happened around the world where hcensing authonties have :gnored the scientific evidence and punished doctors who dared to share the truth with the world - usually on socral medza,

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It was this unscientific bullying, and the widespread publicity given to the consequences, which ensured that thousands of doctors kept quiet - fnghtened that they too would lose their hcences and ther livelihoods A doctor without a licence to practice is as useless as a sweep without his brushes or a tax: driver without a cab

The GMC's decision to deny Dr Adil his licence was always unjustifiable First, there ts the question of free speech Article 19 of the United Nations

Charter states clearly that ‘everyone has the right to freedom of opinion and expression’ There 1s no codicil limiting the rights of doctors The GMC's decision iS in direct opposition to this fundamental human mght It has been argued that doctors have a special responstrbility because of their position and traming but this strengthens rather than weakens the UN charter Doctors have a special responsibility to speak out when they believe that something 1s wrong. And, of course, you can't have a little bit of free speech any more than a woman can be a bit pregnant You either have free speech or you don't. To say that a doctor cannot eriticise the medical establishment ts as nonsensical as saying that an opposition party politician cannot criticise the Government The hcensing authorties which have removed doctors’ licences for speaking out are undemably in breach of the UN Charter How a lawyer or a judge can justify allowing any heensing body to deny an individual's right to protection from the UN Charter 1s, Iconfess,a mystery tare Doctors are entitled to share their views with the public and the public is entitled to decide whom to believe

Right from the start the doctors supporting the Government and drug companies have steadfastly refused to debate in public, and the mainstream media has taken an entirely biased, unbalanced one-sided line in reporting the fake pandemic The BBC, ignoring its own charter and repeated claims of fairness, has even stated that they would not interview anyone questioning the value of vaccination whether they were ‘nght or wrong’ I have frequently challenged vaccine supporters to a hve, nahional public debate None has had the confidence or the courage to accept the challenge

(The conspirators and the collaborators have not just refused to debate the pros and cons of the covid vaccine They have refused to debate any of the contentious issues You mught think that the most confident consprrators and collaborators would be delighted to have the opportunity to debate their belrefs about climate change, the Great Reset and their plans for a world government, and to air the details of the science which they claim is behind their new re-

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ligion But they don’t want to debate and the only logical conclusion 1s that they know that they would lose any debates because they have no supporting evidence)

Second, the GMC has assumed that the Government and the medical establishment must always be correct and beyond criticism. This 1s dangerous nonsense One doesn’t have to go very far back in history to find numerous examples of times when the Government and the medical establishment have been

completely wrong and, as a result, patients have suffered until doctors had the courage to stand up for the truth When Dr John Snow gave chloroform ta Queen Victoria, there was an uproar in the medical establishment because it was felt that women should not be given anaesthesia dunng childbirth Electroconvulsive therapy, leucotomies and the removal of vast lengths of the intestine were all approved by the medical establishment but later condemned It was because of the medical establishment that tonsils were removed without good reason No one knows how many children died as a result A good deal of unnecessary heart surgery has been performed on patients because of bad medical practices promoted by the medical establishment. It was because of bad medical practices condoned or encouraged by the medical establishment that milhons of patients became hooked on barbiturates and then benzodiazepines And I wonder how many of those who have condemned Dr Adil know that widely used and previously approved vaccination programmes have been condemned as worthless and dangerous

History shows that the medical establishment has been wrong more often than it has been nght, andif the GMC stops doctors cnticising the Government and the medical establishment (known to be linked to the pharmaceutical industry) then nothing will ever change for the better

If we go back a httle further in medical story we come across individuals such as Dr Semmelwetss whose work on women lying m labour wards changed medical practice and saved thousands if not mullions of hves Dr Semmelweiss was, of course, viciously attacked by the medical establishment There are many more examples tn my book 'Medical Heretics’

The undeniable truth ts that history shows that the medical establishment has always suppressed the truth and promoted profitable lies Nothing has changed The medical establishment stzll promotes medical procedures which don’t work, while suppressing essential but inconvement truths The GMC’s fun

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damental mistake appears to me to be that 1t has assumed that its loyalty should be to the medical establishment rather than to the welfare of patients

Third, and more directly perhaps, the evidence now shows quite clearly that the medical establishment's official line on covid-19 was completely false Everything that the establishment has said and done has been wrong and dan gerous The General Medical Council and all those who supported its decisions seemed to have assumed that the establishment was nght

Ifthey had looked closely at the evidence they would have known that the UK Government's own scientific advisers decided, back in March 2020 that covid was not a major threat They would have known that Government statistics show that the number of people who died from covid-19 was no greater than the number who die from flu every year {a disease which had mystenously and conveniently disappeared) Indeed, the number of deaths from what was clearly a rebranded flu was no greater in 2020 and 2021 than it was in some previous years Moreover, it is now clear that the absurd policies of lockdowns, social dis-

tancing and mask wearimg were without any scientific foundation, were unnec essary and dangerous and were in part responsible for the entirely predictable mcrease 1n deaths which marked 2022 and will continue for some years to come The PCR test was never intended to be used as it was, and has been proven, beyond any doubt, to be of no more value than a coin toss It 1s clear that the closing down of schools and businesses was also entirely unnecessary and has done massive, long-lasting damage Worse stull, it is now abundantly clear, and generally accepted by intelligent, well-informed doctors and scientists, that the covid 19 vaccine was never properly tested, was never fit for purpose and is the most dangerous and deadly pharmaceutical product ever marketed Largely because of links with the pharmaceutical companies involved, the Government and the medical estabhshment misled the public and the health professions All the evidence for these claims ts avatlable on my website and books and in over 300 videos | made between the years 2020 and 2023 (The videos first appeared on YouTube but they were removed piecerneal pretty well as soon as they ap- peared And then my entire channel was removed for the new crime of telling truth)

Finally, there is one other rather shocking reason why the GMC should not have made any rulings about Dr Adil or any other doctors who cnticised the offi- ciallineoncovid 19 andthe covid-19 vaccine

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The General Medical Council {in my view one of two big enemies of patients in the UK - the other 1s the Bntish Medical Association) has invested nearly £1,000,000 in fast food and drink firms and, worse still, has invested large amounts of money from doctors’ fees indrug companies And one of the compa- nzesin which rt had shares was one of the compantes making a covid-19 vaccine

How can the GMC judge doctors’ behaviour in relation to covid and covid jabs when it has a vested interest in the financial success of vaccine manufacturers such as Astra Zeneca?

It could surely be argued that the GMC, which has money invested in vaccine manufacture, has a vested interest in protecting vaccine making and should not, therefore, discrpline doctors whose actions might have damaged the earning po tential of any compamies rn which it has investedits own money

The GMC can be compared to a judge punishing someone for cnticising a product in which he himself has a financial interest Indeed, I would argue that the GMC, and its vast army of overpaid, and, it seems to me, sometimes arrogant, pen pushers has abandoned tts role as a guardian of the public and become an enforcer for the pharmaceutical industry

Those who had the courage to speak out should be applauded and it is they, not the promoters ofa 'vaccine’ that does not do what it was promised to do but which has caused many deaths and much illness, who should be honoured

In a free and progressive society criticism of the establishment should never be subject to censorship

My conclusion can only be that the General Medical Council 1s unfit for purpose and should be closed down immediately It 1s not fit to hand out dog licences, and certainly not equipped to control the licensing of doctors It has failed to doits job to protect the public and it appears to me to have acted more in the interests of the pharmaceutical industry than the interests of patients

I'm dehghted to report that m July 2023, the British Medical Association agreed with my conclusion The BM4é's Annual Representative Meeting has passed a no confidence vote for the GMC and will now call for its leaders to be sacked

The BMA motion said that 'too many' Medical Practitioners Tribunal Services fitness to practise decisions are 'disproportionate to the error of the doctors mis-take' and expressed no confidence in the current tnbunal

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Doctors voted for a motion calling for the leadership team of the GMC to be dismissed and replaced with a team that 'commands the confidence and support of the medical profession

10
It is a sad fact that most people are so indoctrinated that they have no interest In reading anything which may force them to question what ther government {and government sponsored media) has told them to think

The mainstream media has, of course, distracted millions with non-stortes about celebrities, minor celebrities and members of the English royal family The world ts in a spiral of deliberately engineered destruction, and with a designer war between NATO and Russia now well into a second year, it 1s well into World War III, but the mainstream media has pushed the war (and other ternble things which are happentng) onto page seven or the end of the news For the period of the war to date, it has concentrated its energies on the childish exhibitionism of a middle aged couple of former royals who seem to spend much of their lives making public announcements about their desperate desire to be private

Despite this determined suppression of reality, there is still more than enough scary news around to keep people fearful Recent large surveys have shown that most people now avord all the news because they find it too depressing They see no point in knowing about things which they feel they can do nothing about

Meanwhile, individual governmental and mternational bodies use every small hazard as a reason to introduce new, comprehenstve and suffocating legis-lation A decade or two ago I suspected that this was no more than bureaucrats doing the only thing they know how to do - micromanage - but itis much more than that The bureaucrats and rule makers have been encouraged to do every-thing they can to suppress the people

Around the world, laws are being mtroduced to make it illegal to share information which 1s regarded by the Government as 'misinformation' or disin-formation even though the news they share might be regarded by a majority of

doctors and scientists as accurate In Australia, for example, there 1s the Communications Legislation Amendment (Combatting Mis-information and Dis-information) Bill 2023 which will result in truth-tellers being fined up to $500,000

There ts no doubt that today a great many people are fnghtened to view the truth (or even something which they fear may be the truth) because the les they have accepted have resulted in their doing things for which they would

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feel ashamed So, forexample doctors and journalists who helped promote the wicked and fake covid fraud do not like to acknowledge the part they played m the creation of a false global pamic Nor do they like to see the evidence showing that the covid-19 ‘vaccine’ which they recommended with such enthusiasm has caused many thousands of deaths and serious life changing injuries

Even if you know some of the truth this book will shock you And it will perhaps surprise you to discover that the villains in the world are not the people whom we have been taught to see as villains (Putin, Xi, Gaddafi, etc)

Our freedorn is being taken from us at an tncredible speed by people who appear to be respectable and part of the establishment The ground work for the removal of our freedom was done decades ago Now we are in the final stages of the takeover It may sound msane but a small group of committed, self-serving extremists now dominate the political systems in all major Western countries and they control the global economy Itis because of this power and money hungry clique that we are controlled from birth until death by unseen hands And the control ts tightening by the day The conspirators are introducing a digital world and a digital currency There will soon be a global government, controlled by unelected but appointed individuals who, in turn, control our every move through the invidious system of social credit, a restrictive system which I described in some detail tn my book Socral Credit Nightmare on Your Street

The fnghtening thing about social credit, asly, manipulative programme of control, 1s the way in whichit 1s being introduced insidiously — without many people really noticing what is happening For exarnple, in England, the tax authorittes will, in 2026, be introducing a new points system for those who pay their tax late If a taxpayer collects a set number of pomts they will receive a financial penalty On the roads, motorists have been told that 2f they bump into a cychst they may be sent to prison for life (Knocking over a pedestrian ts fine, it seems, but cyclists must be protected.) And in school, children are being forced into a social credit systern which even the Chinese might find horrifying. At a school tn Devon, some pupils have been told that they cannot attend their school prom if they haven't accumulated enough ‘praise points’ Pupils get ‘praise points’ in five categones being ready to learn, enabling others to learn, treating the envronment and others with respect, working to the best of ther abrhty and fulfilling thetr responsibilities ‘Praise points’ are apparently awarded by staff as a reward

for ‘positive behaviour’ One parent said. ‘This has caused emotional harm and it is not kind and inclusive to these children banned from the prom’

Of course it tsn’t But I dont think anyone ever claimed that social credit schemes were designed to be kind and tnclusive

12

The conspirators are ruthless and heartless m a way which most of us find difficult to comprehend They control everything we do They control banking and transportation and health care and they already own or control most of the world’s natural resources They start wars, when wars suit their purposes (regardless of the death and destruction those wars will cause), they create hatred between black and white and between men and women and they push economies into recessions and depressions when to do so serves their purpose The conspirators, who usually like to describe themselves as (and to be described as) ‘philanthropists’ deltberately introduce policies which they know will kill hundreds of milltons of people, even billions of people, because they know that those policies will make them more powerful and ever ncher (The myth of philanthropy is commonplace among bilhonaires John D Rockefeller Sr used to arrange for himself to be photographed giving dimes to children This was the basis for his reputation as a philanthropist)

The conspirators know that in order to continue to succeed they must convince the public that thereis no conspiracy And to do this it ts vital, utterly vital, to suppress the truth and oppress anyone who dares to tell the truth The mainstream media, bought and paid for, has enabled the conspirators to do this very effectively Early in 2020 I began making videos for YouTube I acquired a huge number of 'subseribers’ within a couple of months and then my channel was entirely deleted and 1 was banned from making more videos or even accessing the channel My crime was a simple but modern one telling the truth Facebook told me that 1 could not join their piatform because I would be a danger to their community (There was no discussion and no specific reason was given) 1 was banned by all social media sites (though fake sites tn my name appeared) and publishers suddenly refused to publish my work Publishers around the world withdrew my books from sale - even when those books had been hugely successful For example, publishers in Chia and Germany pulled all my books from sale because I had questioned the efficacy and safety of vaccination programmes There was no debate, no discussion, publishers didn’t ask me for evidence ~ my

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books were banished, to be pulped or burnt Newspaper editors who had been enthusiastic about articles they wanted me to wnte suddenly stopped talking to me and wouldn't even say what had happened

Censorship has long been a problem for authors, of course Animal Farm by George Orwell was refused by anumber of the publishers who saw tt. One admitted that the Minustry of Information in London had advised him agamst pubhishIngit

And those doing the banning usually find some strange ways to excuse their actions In June 2023, the European Union banned the publication of information which it thought did not support Ukraine with enough enthusiasm or which was regarded as supporting Russia in some way Reporters who tned to put both sides of the story, and who attempted to tell the truth, were punished orfired The EU claimed that it was controlling the flow of independent information and doing this to protect freedom of speech

Journalists and commentators working for mainstream publishers are very well paid toignore facts which might be inconvenient In the US 1t has for some time been well known that the New York Times and the Washington Post are no longer fighting to publish independent truths, both seem too inchned to support the conspirators and the establishment An American software billionaire, Bill Gates, a well-known lay proponent of the covid-19 vaccine, has given huge sums of money to The Guardian and to the BBC tn England The Guardian, for example, was given £12 mullion by Gates The BBC, which had also rece:ved money from the European Union, had close financial links with the vaccine supporting billonatre Both The Guardian and the BBC produced hagiographic profiles describing Gates as a philanthropist, Curiously, both organisations seemed subsequently to ignore Gates' links to Jeffrey Epstein, the disgraced financier Other individuals, including an English prince anda leading bank executive, have been ruined by their connectron to Epstein but, to the surpnse of some, Gates remains relatively untouched

As I have previously pointed out, at the height of the covid-19 fraud in 2020, one BBC presenter announced that the BBC would not debate the subject of vaccination with anyone critictsing the vaccine 'whether they were nght or wrong' Such blatant prejudice is difficult to believe, particularly when offered by a State broadcaster which has a duty to provide a fair and honest assessment of the news The only good thing you can say about the BBC staff is that they le and promote propaganda with a straight face When they repeatedly insist that two

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plus two equals five they do so with such solemnity that the mass of people belteve them, and doubt their previous suspicion that two plus two comes to something else, a sum which they can no longer quite remember The BBC has betrayed the licence fee payers, and obeyed the demands of its own left leaning liberal staff, promoting misinformation and disinformation with enthusiasm Durning the fake pandemic in 2020, the BBC held meetings with the Bntish Gov ernment and one can only assume that these meetings were to decide what hes to broadcast and what truths to suppress

The art of spreading misinformation and disinformation successfully depends upon the victirn betng prepared to believe what he or she ts told Repetihon of the mmsimformatron 1s vital and 1t helps 1f those spreading the hes are regarded asreliable and honest Over the years the BBC had built up a reputation as a respectable and honourable source of news but happily that reputation is now in tatters and surveys show that only a minonty believe anything on BBC news programmes

13
The pattern I have discovered, the map I've drawn, will not only explain what has already happened (not just in the last few years but going back longer than anyone alive can remember) but tt will also enable you to see what we can expect inthe future We do not ordinarily see these things becausethey are hidden from us, they are disguised when they are not suppressed Even when coincidences are pornted out to us we do not see them as connected because the hes are simply too great for us to comprehend ('no one could possibly do that', we say to ourselves) and the malefactors, the conspirators, too evil for us to understand The conspirators who have driven the conspiracy forwards are not just bad men and women tn the way we understand the word 'bad' We tend to think of serial killers as evil but the evil of the globaltsts 1s far beyond anything most of us can comprehend. Obama, the Clintons, Blaw, the Rothschilds, the Rockefeilers et al are just as irredeemably evil as Attila the Hun, Genghis Khan, Stalin and other psychopaths Their cold-blooded manzrpulations are designed to destroy everything we hold dear and everything we respect as human They live to manipulate by dece:rt The consprrators are different to the rest of us

Most people want to have some control of their own lives, they want a relationship, a home, some belongings and a position m their community They want to do what they can to help others.

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The consptrators are quite different they want power over other people and they have an msatiable yearning for wealth The conspirators' actions are driven by how they see their role in the world (not by any desire to help the world) American bankers see US hegemony and the dollar's posttion as the world's reserve currency as vital to their own wealth and so they will do everything to protect these things They want a global government controlled by America They want to create comphance, and slavery, through social credit They use war to reduce a population which they regard as too large

And who needs all those people when robots and artificial intelligence programmes can replace many of them? In spring 2023, two British telephone companies warned of massive redundancies with Vodafone announcing that it was sacking 11% of 1ts workforce and British Telecom expecting to sack 42% of its work force Most of those made redundant will never work again and their skills will be allowed to wither Supermarkets are sacking staff members and replacing them with automated tills Soon the shelves will be stocked by robots Banks are closing branches and pushing their customers to do all theur banking online

One of the aims of Artificial Intellhgence programmes ts to make demoted humans feel worthless, mnsignificant and powerless The mampulators are using the myth of climate change to create naive followers who do their work for them in destroying ordinary society

14
Through a potent, toxic mixture of greed and selfishness, the neoliberals are dehiberately destroying mankind in order to ennch and empower themselves (The neoliberals really came into power with Bill Clinton's Democratic Party m the US

and with Tony Blair's Labour Party in the UK.)

If they succeed with their plans for the Great Reset, everything we are and care about will dre, not inevitably, as the stars are dying, but murdered by the evil few (far, far fewer than nought poimt one per-cent of the population), and their complacent, complaisant collaborators wha do everything they are told to do to oppress and suppress and who probably make up between one and five per cent of the population

I suspect that many of the collaborators, confused tgnorant, unmmnformed unmmapinative, greedy, obedient and paid well beyond they natural skills, do believe what they are told, they belreve that the world ts threatened by man-made global warming and that there really was a dangerous epidernic in 2020

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Back in 2020, I warned that the collaborators would be our nemesis I| still stand by that Our main threat has always come not from the conspirators them selves, who are such a tiny number that they could not possibly have great tnfluence over the world's billions, but from the politicians, doctors, central bankers, journahsts, NGO officials and celebrities who defended the conspirator's theo ries and who promoted thei wicked schemes, the lockdowns, the vaccmes and ther endless hes

Electors every where keep putting their faith in political parties and 1n politicians They vote for different parties in the everlasting hope that they will one day be served by an honest government, It has been said that one sign of lunacy is to keep doing the same thing in the hope that the outcome will be different Every new government, everywhere in the world, promises much but dehvers nothing All political parties now make the same false promises and then ignore the will of the people who voted forthem Back 1n 1968, George Wallace potnted out that there wasn't 'a dime worth of difference between the two parties' tn America. When voting 1s fiddled {as tt is now 1n so-called developed countries,

Just as much as it 1s in undeveloped countries) it is not with the aim of putting a particular party nto power but with the aim of establishing those individuals who are most readily controlled by the conspirators

In what was perhaps a weak moment of honesty, President Franklin D Roosevelt, who was President of the United States between 1933 and 1945 (making him the longest serving President in American history) gave us a vital warming but I don't think anyone took him seriously and most people didn't listen He said 'In politics, nothing happens by accident Ifit happens, you can bet it was planned that way

The fact1s that things don't keep getting worse by accident, they keep getting worse by design

Hopes and ambitions don't fade by chance, and itis no comeidence that everything seems to go wrong in every country in the world at the same time

And anyone who draws attention to the evidence supporting these conclusions 1s regarded as deranged and ts immediately discredited, abused and demonised Professtonals, experts mn their field, who speak out against authority, are ostractsed and usually dismissed as ‘ight wing extremists’

You wil have no doubt noticed that officially there are no left wing extremists but that everyone who questions what governments do will automatically be la belled a ‘right wing extremist’ or, worse still, labelled as a 'terrorist’ or a ‘fascist’

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or both In practice, of course, nght wing politicians have been moving steadily to the left for many years and today most leading politicians in the West are best desertbed as neo-liberal Stnce there 1s absolutely no :dealogtcal or technical difference between politicians on the very far left, known as commumists, and politicians on the very far right, known as fascists, the neoliberals can them selves be accurately descnbed either as international socialists, which 1s to say ‘communists’ or as ‘national socialists’, which is to say ‘fascists’ or ‘neo-Nazts’, according to how you feel

In reality, the political spectrum should have totalitarrantsm at one end and anarchy at the other All modern political parties are, however, best described as totalitarian in method and intent since their arm 1s to take total control over aspect of ourlives There 1s no difference between communism as defined by Marx, total control as defined by the Illuminati in the 18th century and the Great Reset (the New Normal) as proposed by the World Economie Forum, the United Nations and all main political parties around the world

When pohticians, bankers and billionaires around the world all get together todo the same things mm order to take control of the world’s population, what else can you possibly call it other than a ‘conspiracy’?

(Those who are puzzled by what is happening, ask why well-known billionaire financiers could possibly advocate communism The answer, of course, 1s that under the sort of communism practised in the USSR and China, the people at the top of the pile lived very different bves to the ves endured by the masses at the bottom of the prle Today’s billionaires may publicly advocate a very left wing brand of socialism but in fact they manage to protect their wealth and to avoid paying taxes by having their money, their super yachts, their private islands, and their mansions in the middle of huge acreages, carefully protected 1n trusts and foundations Socialism and communism are promoted because they are the most efficient way to control the wealth and activites of the ordinary citizens Communism may be promoted as a way to give power to the people but in practice the plan 1s to transfer all power to a bunch of greedy megalomaniacs)

Eventually even those who want to speak out are frightened to do so because they see what happens to their colleagues And the ignorant, half-blind collaborators who have done the demomising and the sneering find that they are ina position where they cannot speak out even if they eventually do see the truth They are committed to the hes they’ve told because to tell the truth would ex

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pose their lies (And, 1n the case of doctors, for example, expose them to massive lawsuits)

Our daily enemies have for years been the woke citizens who have, for the most part unknowingly, served as helpers for the conspirators who have been working against us for a century or more, and who are now coming out into the open a little more as thew battle to create a New World Order reaches its zenith (For the record the phrase ‘New World Order’ was adopted for the title of a book by H.G Wells in the 1940s but the phrase was also used by Richard Nixon tn the early 1970s Nixon used the phrase frequently and it was regarded as referring to a world super-state - or the world government which has been the aim of the conspirators for decades)

Encouraged by the conspirators (who are experienced at using the naive and shghtly srmple-minded to promote their cause) the woke collaborators have done their best to destroy our histories and our culture They have torn down statues and worked hard to damage the reputations of those who opposed the conspirators So, for example, the woke collaborators frequently target Winston Churchill, attacking his statue and his books Anyone who has ever stood up for freedom im any way 1s maligned and must be erased from culture and history

15
Justice and hberty are now little more than historical concepts, illusions which are today only beheved by the naive, the gulhble and, of course, the completely complrant Judges are as corrupt as politicians, journalists and doctors and ev-eryone in public life

Western societies were set up to separate the various parts of government, and we are taught to believe that is how things stillare Thomas Hobbes said that ‘freedom 1s government divided into small fragments’ But it isn’t how things are today The various branches of government, the parts dealing with the making of laws, the adrmmuistration of laws, the control of the police, finance, banking and the trade unions may appear to be separate but in practice they have been brought together Nothing shows this more clearly than the way the European Union operates The European Parliament has virtually no powers and all the decisions are taken by unelected eurocrats who are themselves controlled and influenced not by ecrtizens but by lobbyistst When the English people voted to take their country out of the European Union in the historic ‘Brexit’ vote, the es tablishment (which ts to say the highly paid e:vil servants and others employed

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In various ways to administer Government policies) simply refused to make any real changes to the way the country1s run The result was that a barrage of new laws were passed by the English Parhament and added to the thousands of EU laws which should have been abolished, but which were kept

As Lord Acton famously said. ‘Power tends to corrupt and absolute power cor rupts absolutely’

Government money (which 1s to say taxpayers’ money) is regularly used to reward favours and to buy complicity and silence And, as the population struggles with roaring inflation, interest rates higher than many people could remember (or were prepared for), disruption caused by climate change nutters, threats of this and that from governments, quangos and the mainstream media, the umons have mntroduced massive pay demands designed, it seems, to create mfts and to make the poor ever poorer Doctors demanded a 35% pay mse and when that was refused, went on strike and increased their demand to 45% Hospital consultants threatened to go on strike and they too wanted a 35% pay rise to add to ther minimum £120,000 a year Nurses went on strike The poor and the elderly were left behind Most demands came from state employees (who were already the best paid and the least hard worlang and had the best perks such as pensions and the ability to work from home or not at all when the fancy took them)

Who was behind the endless strikes?
The usual culpmts of course
The globahsts behind the strikers knew that avilisations collapse when the

gulf between mch and poor gets too big and that ts exactly what ts happen ing And, of course, the middle classes are being destroyed with ever increasing taxes

Individual bberty and free speech have been sacrificed for what we are told 1s the collective good

We live in totalitarian states where we are no longer expected to think for ourselves or to manage our own lives in the way we see fit How long willit be before we are not allowed to think at all?

16
The two party state has become the one world state

It is umpossible to discern any real difference between the two main political parties in the US or the two main parties in England All parties support the war

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against Russta, all supported the covid fraud The parties pretend to squabble occasionally but it 1s all play fighting We are now inches away from a World Government and since the {American owned) International Monetary Fund has already established its first global tax agreement, the World Government isn't far away

Fifty years ago we were told that the world’s socialist governments would come together, under the auspices of the United Nations, to form a global superstate (China was brought into the United Nations because the conspirators Knew that in order to control all the world’s banking and resources, they needed

every country in the world to jon the UN) This new coalition would, it was said, be the Great Merger Nothing much has changed except that things are now moving much rapidly towards global governance and the joining together under what has been mysternously renamed the Great Reset

It 1s interesting to note that back in 1950, Richard Nixon, who was a congressman at the time, introduced a ‘resolution calling for the establishment of a United Nations police force’

And soit came about, of course
But the United Nations didn’t hmut itself to a police force Psychologists, be-

havioural scientists, agronomists and others were employed to work out ways to cornitrol people

Right at the beginning of the UN’s life, there were plans to reduce the size of the world's population and to enforce sterihsation

(It has been reported that some widely promoted vaccinahon programmes were actually designed to reduce fertility Bill Gates, the amateur vaccine propagandist, claimed that the vaccines he was promoting would save lives and reduce the size of the populationin Third World countries Itis difficult to see how those two opposing aims can be reconciled unless the vaccines being used had some effect on fertility — a possibility for which there 1s now a good deal of ev idence In numerous countries around the world, euthanasia programmes have been tntroduced in order to eliminate the elderly and the sick by encouraging them to end their lives In 1953, Evelyn Waugh wrote a novel called Love Among the Ruins in which he described a state-run euthanasia centre In Trudeau's Canada, the Government has introduced a very forceful euthanasia programme called 'medical assistance in dying’ There were 13,000 state sachoned ‘suicides' mn Canada in 2022, and that country is now deciding whether to allow children and the mentally tll to kill themselves In the Netherlands, healthy individuals

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with autism are allowed the option of euthanasta, and Australia is deciding whether to let children as young as 14 loll themselves (or allow someone to doit for them) Today, euthanasia is legal in Belgium, Canada, Luxembourg, Netherlands, New Zealand, Spain, Columbia and parts of Australia

In hospitals tn the United Kingdom, it is now routine for patients who are admitted to hospital to ask if they want to be resuscitated 1f they fall seriously ill Patients are warned that resuscitation can be painful and difficult and may leave them with broken ribs As aresult, many agree to have Do Not Resuscitate’ labels put on their hospital charts Pattents who are frail or unable to give consent are often labelled ‘Do Not Resuscitate’ without the consent of relatives, and the decision not to provide care for patients who are senously ul may be made by quite junior nurses instead of a team of doctors and nurses as used to be the case a few years ago

All over the world, there are plans to destroy local police forces, to destroy local health care and education programmes and to make sure that all atizens (in countnes such as the US) hand in ther guns The plans onginated with the United Nations

Anyone who has ever worked for the United Nations must have known exactly what was happening and must have understood the aims of the organisation for which they were working UN staff are mghly paid and lowly taxed, and were and are traitors who should be executed for thew crimes against mankind

18

To encourage citizens everywhere to accept the idea of more State control, it was decided that noters should be allowed to disrupt towns and cities all over the world, ostensibly campaigning against racism, chmate change and other 1ssues These plans were made over half a century ago Individuals campaigning against the plan for a world government were silenced and arrested but indi viduals whose activities were considered ‘acceptable’ to the conspirators were allowed to do pretty much what they wanted to do Today, there is evidence that the demonstrators who are left alone by the police (the ones campaigning for ‘black lives’ or for ‘net zero’) are receiving vast amounts of money from nch conspirators and, »ndeed, demonstrations are allowed only if they are approved by the conspirators Groups of people complaining about the use of oil are al-

lowed to disrupt traffic, damage buildings and cause massive inconvenience In an attempt to appear even handed, the pohce will occasionally interfere and the courts will punish one or two of those involved but only well after the fact and never before - as frequently happens with those protesting about the conspiracy or about the monarchy No one in Parhament seems to care overmuch that the activities of climate change protestors are undoubtedly responsible for far more deathsthan climate change itself People have missed essential hospital appoimtments, ambulances on emergency calls have been halted and motorists have been unreasonably subjected to the stress of interminable and unnecessary delays The comphieity of the police and the courts makes 1t clear that these tllegal activities are condoned 1f not encouraged by the authorities And as a bonus, the demonstrations provide excuses for the conspirators to mntroduce more oppressive laws, to give the police more powers and to take away freedom and privacy from everyone

The campaigners don’t realise 1t but they have been manipulated and controlled hike so many puppets Campaigns for affirmative action and positive discomunation and demands for reparation have been organised by the conspuators to create a new form of acceptable racism, designed to create anger and racial disharmony

The acceleration of the climate change fraud whichis promoted by a small but very vocal group of bad ternpered, aggressive, hectoring and ignorant fools with no respect for others is talang us, unwillingly, towards the lunacy of net zero The clumate change fanatics (having feasted on a diet of pseudoscientific arguments) think they are now minning the world And, indeed, they are

On the face of 1t, their hectoring and campaigning has been extraordinanly successful but in truth, of course, the campaigners have been allowed a free ride The campaigners have been funded by bankers and hlhonaires who sometimes masquerade as philanthropists

(All great fortunes were, of course, obtamed through lying, cheating or stealing or all three and more It 1s possible to become a millionaire through hard work and :magination but itis only possible to become a billtonaire through dishonesty or through having an ancestor do something dishonest on your behalf)

The chmate change fraud was, of course, all about money and power The self-styled environmentahsts and greens who promote the climate change myth want to step Afncan countries from using fossil fuels Since without fossil fuels those countries will never be able to advance their civilisations in the way that

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countries in the West have progressed, tt seems undenrable that the whole net zero climate change argument is wredeemably racist

I'm afraid that environmentaltsts and Greens are often deeply unpleasant people A fellow from New Mexico, called Dave Foreman, who co-founded an orgamsation called 'Earth First" 1s reported to have described humans as a cancer on nature’ Foreman, an ultra-radical environmentalist, favoured ‘demonstrations':n which members drove sprkes into trees (potentially killang foresters and in at least one case resulting in the operator berng severely injured), tore down power lines, sunk whaling ships and poured sand into the fuel tanks of logging equipment

19
In 2020, the conspirators ramped up their battle to take over the world by intro ducing the entirely invented ‘coronavirus pandemic hoax

Right from the start it was clear that the pandemic hoax had been invented for three matn reasons to bring tn some form of compulsory vaccination programme, to provide an excuse to exterminate a large number of old people (the conspirators have long felt that the world 1s overpopulated and long wormed that the elderly population costs too much In pension payments) and to create a situation where cash could more eastly be outlawed That’s what I said in February and March 2020

There was more toit, of course
The conspirators had decided to use their fake pandemic to help them lead

the way forward to the development of a world government — the great reset, the new normal, the new world order

All this was being promoted by the World Economic Forum (with its extraordinary enthusiasin for the abolition or private property, as promoted in the Communist Mamifesto by Karl Marx) and by a secret organisation known as the Bilderbergers which consists of a bunch of bankers, arms dealers, drug company

bosses, food company bosses and obedient politicians

The fake pandemic with its lockdowns and enhanced compliance programmes was seen as an essential step towards the introduction of a system of social credit, digital currency and digital passports The covid fraud was seen as a way to obtarn total control over all citizens

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Central bankers, bankers and left wimg politicians are al! desperately keen to eradicate cash and to force everyone to use digital money - in the form of credit cards, debit cards, crypto-currenctes and accounts with organisations such as PayPal Scores of central banks already have their digital currencies ready - eventually they'll be moulded tnto a single global currency known as the Universal Monetary Unit or, quite possibly, the Unicoin

The standard argument of those who want to replace cash with digital currency ts that using your smart phone at the till is more convenient than using cash What the bankers and collaborators don’t mention 1s that the price for that convenience ts compliance and slavery You can flash a piece of plastic, your watch, your smart phone or your tattooed or implanted wnst, instead of having to put up with the burden of carrying cash in a wallet or purse, but the unspoken dowmside ts that in return you have to put all your trust in the integnty and good intentions of the bankers and central bankers - people who have already boasted that they will use your rehance on thetr services to decide how you spend your money, Where you spend 1t and how much of it you are allowed to keep

The bankers, the conspirators, want to control every transaction as part of the social credit-digital world they are building Governments, banks, supermarkets, travel agencies, health care services, the police willcombine their databases with YouTube, Google, Facebook and other monstrously intrusive organisations which collect, own and then sell your private information

I've been warning about the end of cash for at least three decades, and the conspiratornal authonties have been pushing hard for the introduction of digital currencies since the days before laptops and smart phones

Today, the bankers (arded and abetted by politicians) are closing banks as fast as they can (arguing falsely that everyone wants to bank online) and they're making it difficult to take cash out of your bank ATM machines are rapidly dis appearing, and if you try to take cash out of your account over the counter you could well end up being interrogated hke a criminal.

Once the digital currencies become the only way to earn, save or spend, we will all be slaves The central banks will be able to control our money They already plan to limit each individual to between £10,000 and £20,000 Anything more than that will simply disappear Negative mterest rates will discourage savings Money wil have a limited shelf hfe —just as money 1n mobile phones can disappear after a few months And the bankers will decide how you can spend

your money

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It is worth pomting out, by the way, that the central banks have mostly become ‘independent’ When this happened in the UK, in 1997 the Labour Government misled the country, saying said that it was giving the Bank of England its independence and granting it operational independence over monetary polrey so that it could be free of government influence In fact, this was rather dis Ingenuous since all central banks were mod:fied to suit the requirements of the financial elites —- who prefer to deal with independent banks In the European Union, it was the Maastricht Treaty which gave tndependence to the central banks The European Central Bank, in the EU 1s controlled by Deutsche Bank (which was for along time controlled by Abs, a former Nazi) and other German and European banks The EU and its Parhament have no control over the bank or its policy Monetary policy all around the world 1s controlled by the world’s leading financial stitutions Governments, remember, have no control

Everyone, it seems, wants to get rid of cash
First, companies which accept payment by card have to pay commission to

the credit card compames The commission can sometimes be very high with 5% and 7% commusston rates not at all uncommon

Second, clearing banks don’t hke cash because handling it ts thme consuming and, therefore, expensive Moving money around simply by pressing numbers on a keyboard 1s much quicker and cheaper (though, curiously, the length of time required to move money from ane account to another seems to have lengthened since such methods became available)

Third, governments and government agencies love to see citizens forced to rely on digital money because 1t 1s much easier ta keep control of what everyone 1s earning and spending when all money goes through computers So, for example, in the UK the tax office (HMRC) easily obtained details of what taxi drivers are doing by looking at the records from compames such as Uber When drivers apply to renew their licences, HMRC sends out threatening letters suggesting that they may have made an under declaration or no declaration at ail

And, of course, there are all those individuals who think that using plastic to pay for everything 1s clever and modern They don’t realise that plastic cards and chips under thetr skin are enslaving them and removing the last vestiges of freedom.

Any business which rehes on a financtal trail (eg one that uses an e-commerce site) can now be easily momtored by all government departments And, of course, it 1s much easier for banks or the Government to cut off an individual’s

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access to their own money 1f everything 1s done digitally And when all money is digital, banks and other financial mnstitutions will be able to charge what they like Tax authorities will take what they like from your account

In the new world of digital money, anyone who shares what ts labelled ‘hate speech’ or 'misinformation’ will be banned from having an account (It

1s, of course, already happening) All those old tweets, and the trme you gave a ‘thumbs down’ to the WEF, will be marked against you

Remember how American citizens who gave money to the Canadian Truckers had their bank accounts frozen? If you’ve ever criticised your government then they will make you pay heavily for your tmpertinence

Those indrviduals who have already lost their PayPal accounts will probably never be allowed to have digital accounts And without digital accounts they will starve

It’s already becoming nigh on impossible to buy petrol without a credit card And the number of car parks where cash is strll accepted is shrinking fast

Banks throughout the world are preparing to close down all free thinkers If you think I’m exaggerating just check out what has already happened

It has been made clear (by the Bank of England and other clearing banks) that when cash has been replaced with digital currencies, the banks will control how people spend their money It will be possible to make broad judgements (for example, no one will be able to buy aleohal) and spectfic ones (patients with early heart trouble will not be allowed to buy certain foods) It will also be possible for governments, banks and companies to monitor spending habits So,ifthereisa shortage of eggs for example, the authonties will be able to make sure that no one buys more eggs than they are allowed

Removing cash from soctety will make life incredibly difficult (for which read “smpossible’) for those who are not computer hterate, for beggars and for char-

ities who rely on cash The quality of our lives will be massively dimmushed by the disappearance of cash And, of course, getting rid of cash can be used to track where we go and what we do

Many local counctls are now foretng motorists to use an App avatlable only on a smart phone to pay for parking, and 1n those places it 1s impossible to pay for a parking place with cash The mformation which motonsts are forced to give can be used in many ways (and will be sold for a variety of purchasers so, for example, thieves will know when householders are away from their homes) Forcing motortsts to use a stnart phone in order to park a vehicle is clearly discrmina-

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tory (since 1t means that those without a smart phone cannot park) and almost

certainly illegal

And, of course, people tend to over-spend when they use credit or debit cards for everything they buy Using cash helps keep people out of debt

It’s vital to remember that they want to get rid of cash for their benefit and not for our benefit Removing cash will empower the conspirators and remove, for ever, the last vestiges of our independence

We really are close to the end as far as cash is concerned According to data provider Merchant Machine, cash is now used in only 1% of payments in the most digitaltsed economies in the world, now including Sweden, Denmark, Singapore and the UK Every time anyone uses a credit or debit card, or flashes a contactless payment card for a small purchase, they are taking us closer to a dig Ital society and digital enslavement.

The end of cash 1s now just months away
And when cash disappears tt will take with tt the last vestige of our freedom
The restrictions on what we can, and cannot, do with our own money get

longer by the day For example, states within the EU will have to collect information on the ownership of luxury goods such as aeroplanes, boats and cars and each member state will have to establish a financial intelligence unit’ Rules in England now make tt extraordinarily difficult for citizens to access their awn money or even to move it from one account to another

I recently tried to take some of my money out of my account and was shut in a room and interrogated like a criminal before eventually and rather begrudgingly, being given an envelope containing the cash I'd asked for

Even moving from one account to another has become fiendishly bewildering and time consuming

I was standing in a bank the other day trymg to move money from one account to another I was moving my money from one of my own accounts to another of my own accounts [don't know uf you’ve tried doing this recently but it gets harder by the week You need to produce a driving heence or passport, of course (Heaven help you if you don’t have one or the other, or preferably both) And you need your bank card And, depending upon the mental state of the cashier, you may need a utrhty bill, a tax form and a council tax demand You may soon need a note from your mother

And, of course, they now have a veritable litany of questions to fire at you ‘Has anyone asked you to make this transaction? Are you under pressure to do this’

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And so on and so on They pretend the questions are to protect us but only the naive and dim-witted belzeve that These stupid questions are devised by very wicked people to delay the whole procedure and to force us all to bank online

One of the daftest questionsis this one ‘Is anyone waiting outside for you?’
Standing next to me, at the neighbouring window, stood a little old lady well,

inher nmeties She too was trying to move money from one account to another
so that she could pay a bill

‘Is anyone waiting outside for you?’ asked the bank clerk
'Oh yes,’ satd the little old lady naively 'My friend brought me’
The clerk looked as pleased as if she'd won the lottery ‘Oh, well Ican't help you

then,’ she satd with a big smile and a sense of satisfaction you could have bottled
The Irttle old lady didn’t understand ‘But my nerghbour had to bring me,’ she

explained. ‘I'm 93 [had to give up my driving licence'
The poor woman didn’t understand that logic and honesty are no longer

relevant
‘But your neighbour might have put you under pressure to make this trans

action,’ said the clerk, bum full of sanctimonious, self-nghteous, box-ticking
obedience

'My netghbour?' said the old lady ‘Why would she do anything nasty to me?
I've known her for nearly 50 years " She looked around, bewildered ‘I've been
banking here for years Doesn't anyone recognise me”

‘That doesn’t matter,’ sad the clerk, her joy now slightly diluted by exaspera
tion ‘I can’t help you if you have someone waiting for you. Those are the mules '
And then she added the killer It’s for your protection’

And so the old lady, puzzled and confused, tottered out of the bank and back to
her netghbour’s car

I swear that happened AndI’m not surpnsed
(The banks make a great fuss about our responsibilities and thei lack of

them. But did you know that Barclays Bank has just been fined $361 mullion
by the US Securities and Exchange Commission? And do you know why? Well,
they ‘accidentally’ sold $17 7 billton worth of structured financial products for
which they did not have authorisation The total effect on shareholders (includ-
ing many pensioners), as aresult of this $17 7 billion ‘accident’, was to help push
down net mcome by 19% The httle old lady's one mistake was that she didn't
tell the clerk to move $17 7 billion that she didn’t have from one account to an

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other They’d have done that with a smile and probably given her a free pen and
a cup of coffee too)

Morons (of whom there are many these days) claim, as they have been told,

that the inquisition 1s for our benefit That's yet another lic The banks want to force us online And, as a side effect, they want to absolve themselves from blame when they screw up (which they do on a regular basis) If you want evidence that the banks have been pohticised just look at the way that individuals who dare to stand up and question the system lose their bank accounts In Canada, mtizens who stood up in defence of truckers protesting about vaccine mandates, lost their bank accounts And the same thing 1s happening with fnghtening regulanty everywhere else In England, the boss of an independent platform carrying free speech videos lost his bank account and found that no other bank would accept hrm as a customer No one could tell him what his crime was Nigel Farage, the well-known politician, was suddenly told that a bank he had been with for 40 years was going to close his accounts - both business and personal A man who asked why his local biuulding society was fes tooned with flags celebrating homosexuality found the cost of free speech when the building society responded to his query by closing his account

Bank staff seern to have been indoctrinated by the same people who indoctrinated NHS staff, train drivers, civil servants, teachers, council employees and Just about everyone else in this increasingly miserable and oppressive world of ours

(Teachers call what they do ‘bramwashing m a good cause’ But can braimwashing ever be defended? If the evidence for their clams were sohd and honest they would not need to make stuff up or to attempt to brainwash their students For decades now, school teachers have been tndoctrinating rather than teaching ther pupils, promotang the myth of chmate change, changing history to meet woke demands and altering the balance of history to suit their propaganda And refusing to allow pupzls to question or debate the official version of history)

Taking cash out of your own account has become an exercise in patience and determination

I recently went into a branch of my bank wanting to take out some money - a little more than the machine would allow me to withdraw I[had bills to pay and I wanted to buy some presents

‘Are you going to take this money home and keep it there?’ asked the clerk

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I thought this was an incredibly stupid question The woman was a stranger and she had my address on a screen in front of her She wanted to know nf I was going to take money home and keep it there to be stolen What an idiot So 1 was a little cautious As any sensible person would, I said ‘No’

'So, why do you want this money?’ asked the smpertinent bank clerk
‘To buy sweets,' I replied It has been my standard reply to this question for

years
Bang | could tell from her eyes that the metaphorical shutters had come

down
You can't make light-hearted comments any more
The clerk looked at her screen as 1f it were telling her something
‘Your request has been blocked,’ said the clerk
In full sight of other customers I was ushered into a room and the door was

closed
And I was interrogated I felt like a criminal Most people would, I think, have

found it a humiliating and embarrassing encounter
Phone calls were made | was instructed to answer questions put to me on

the telephone (I couldn’t understand the questioner’s accent and so! needed a translator) To check my identity I was asked for my date of birth (a piece of information that is about as secret as Prince Harry's level of affection for his brother)

And eventually, after what seemed hke several hours of interrogation, I was, with ill-grace and no apology, given the amount of money | had requested.

It wasn'ta loan 1 was asking for It was my money
(As an aside, a week later we had to call a drains expert in to deal with a

drain which had been blocked by tree roots The man dealing with our drains told me, in precise detail, about my experience at the bank He even knew the precise amount of money I’d tried to take out of the bank Banks may pretend to care about their customers but there are, :t seems, no longer any rules about confidentiality)

It 1s, of course, all part of the scheme ta force us to bank online ~ ready for the digital currency they have ready for us

Your bank hates you They want to tum you mto nothing more than numbers ona computer

And the staff of banks everywhere are, | fear, too stupid to realise that as soon as the digital currency is here, managed entirely online, then they will all be

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surplus to requirements Every last one of them will be joining the dole queue - where they wall stay forever, surviving on their Universal Basic Income and liv-Ingina small cardboard walled flat the size of a dog kennel

The idea of providing citizens with a Universal Basic Income, now so popular with governments and consp:rators and neoliberals everywhere, is not a new one During his first year as President of the United States, Richard Nixon an-nounced his ‘New Federalism' programme which would provide a Guaranteed Annual Income to al] Americans The proposal would have massively increased the power of the Government Left-wingers welcomed the idea as an example of

‘creeping soctalisrn’ Nixon also suggested a decentralisation programme which was ostensibly designed to spread power to local politicans by handing out subsidies and payments Nixon announced that he had become a Keynesian What he forgot to mention was that John Maynard Keynes, the economist, was a socialist whose intention was to promote the ‘euthanasia of capitalism’ Like almost all economists who followed him, Keynes was a neo-liberal, an mtellectually, emotionally and morally stunted breed without whom the conspirators would have never been able to promote their Great Reset The chief beneficiaries of the efforts made by the neo-liberals have, of course, been those 'working' in the finance, insurance and real estate sectors of society for those are now where wealth accumulation is taking place - well away from traditionally useful commercial and productive activities The chief losers have been those involved in making and selling products which people need 1n order to live and the clear winners have been those m financial services who pay themselves huge bonuses even when their banks are losing money The global economy ts not built on the handling of money rather than the making of things or providing those services which make people's lives better

21

Much of what is happening 1s described as progress but it isn’t really, of course — it’sjust change Anda good deal of itis change contnved to keep us all too busy to notice what ls gotng on tn the world, and too wrapped up in our own daily problems to take action against the conspirators, the collaborators and the constant attacks on our freedom and humanity Even small thmgs become incredibly time consuming and exhausting The bizarre and indefensible ‘recychng' programmes which were introduced globally (everything happens in lockstep these days) were designed to make us worry about non-existent climate change, to

Tir 22 ns welt nr book 36%:

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make us compliant and to force us to accept that we must do what we are told, even in our own homes, and to keep us busy Most of the carefully washed and sorted recycling material ts dumped or burnt, and the environmental cost of collecting recycling material far exceeds any value that might accrue Inthe UK, for example, much of the recycling material has been carried to countrtes far away to be dumped or burnt There isn’t even any point in recycling paper (the most traditional recycling material) It 1s better for the environment to grow trees for that purpose and to burn the discarded paper to produce electricity or heat

If you order a book {or whatever else) online you will be bombarded with emails There will be a message to say that the purchase has been made, one to say that your order is being dealt with, another to let you know that the book has been passed to the delivery company, one to let you know that the delivery company has received the package, one to inform you that the dehvery company Is preparing to deliver the book, one to iet you know that the book is on its way and one to tell you that the package has been delivered Then you will receive an email from the seller to let you know that the delivery company has done their job and delivered the book. Later there will be another email from them wanting you to rate their service and one from the delivery company wanting you to let them know how well you think they did. If you don’t reply immediately those emails will be repeated at regular intervals This barrage of unnecessary emails

keeps us occupied with pointless trivia (Not infrequently, I receive two copies of each of the emails in this tedious chain }

The word ‘progress’ 1s used as a synonym for ‘better’, but how do you define ‘better’? Is receiving an email from a fnend on hohday better than receiving a postcard? Is the world better when cars all look exactly the same? Is it better when log fires are forbidden by health and safety officials? Are trains better now that there are no restaurant and sleeper cars? Or has hfe been destroyed by fanatics, cultists andignorant meddlers, acting, unknowimely, on behalf of conspirators arming for a Great Reset? Is life better now that there are no junk shops, norag and bone men and no odd job men who could repair just about anything you couldn’t deal with yourself? Is life better now that family doctors work the same hours as librarians and you have to plan your emergencies a day or two ahead 1f you hope to ride to hospital m an ambulance? Are hospitals better now that nurses spend more time in meetings than on the ward and are always too busy, and self-important, to find a bedpan, plump up pillows, help a frail patient with their meal or put a bunch of flowers into a vase? Is it progress that children

Tie 27 ns welt nr book 36%:

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now learn with the aid of iPads mstead of berng taught with pens and paper and chalk and a board? Isa smart phone real progress over a piece of slate and a slate pencil? Children half a century ago played hopscotch, skipped with ropes and in the winter played football with coats as goalposts whtle tn the summer they played cricket with stumps chalked on lampposts On their summer holidays they splashed in paddling pools or sailed toy yachts on boating ponds (all now filled in for health and safety reasons) and they rode on donkeys and played one penny games on the pier Is it simply nostalgia when you Know in your heart that things really were better then?

If you object to all progress then the conspirators will label you a ‘Luddite’, even if much of what they label progress isn't progress at all

It rsn’t difficult to argue that children have little or no future today The conspirators and the collaborators have taken away their education, their hope, their sense of comfort and even their happiness Mental health problems among the young are tising at arate never seen before Even before the fake pandemic of 2020 the incidence of such problems among the young was frighteningly high Today, there ts an epidemic of mental illness Millions of children, teenagers and young people are takong tranquillisers and anti-depressants (even though these have been proven to be of no value) and often taking them for years at a time The lockdowns, the social distancing regulations and the partial or complete closure of hospital departments mean that those requiring specialist help will beon waiting hsts for years if not for life

Is a pub with a log fire and fnendly bar staff better than a pub with a good internet connection? Are motorways, with endless queues, better than winding country roads which take you to your destination just as quickly and with far more pleasure? Are self-driving cars better than cars which have to be driven? How will self-driving cars manage to navigate English country roads and all those tiny, bind junctions* Who 1s going to provide a suitable call out service for

all the electric cars which are stranded in country lanes when their batteries run out?

Is a traditional English breakfast better or worse than a bowl of sugar coated cereal? Why does it now take a week or more for a postcard to reach its destina-hon when in Yictonan times, in the 19th century, a postcard put in a pillar box in the morning would armive at 1ts destmnation in the afternoon? The postcade or zip code was, surely, an early sign of the end of civilisation I recently bought around 1,000 old Edwardian postcards (no one wants them these days - they

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cost just a few pounds) and although the addresses consisted of nothing more than {at most) a name, a number, a street and a town, the cards clearly reached their destinations safely There ts less mail today because so many people use email - so why does the mail take so much longer to get where it's going?

Is reading a book on asmart phone easier and more fun than reading a paper back - with no need to squint and constantly adjust the position of the screen on a sunny day? Was the NHS better when there was a dental service for all? Were charities more or less inclusive when they served merely to serve those in need rather than to enrich executives and advertising agencies' Was life better when we used public phone boxes instead of having to carry a mobile phone with us? Were radio and television programmes worse when traditional events such as the Promenade Concerts celebrated cultural traditions rather than global ones?

Was the Tate Britain art gallery better when it paid more attentzon to tradi-tional artists than te the demands of the woke' The Tate Britain gallery now has just one room for art from 1545 to 1640 but 14 rooms devoted to art from 1940 onwards Of the work on view, 200 items were made since the millennium

and the work mm the publicly funded gallery has been carefully curated to ensure that men and women are equally represented among living artists — regardless of reputation or the value of their work Modern art on display, representing just a twentieth of the time span of the collection, takes up a quarter of the space Culture, as well as history, has been changed ta fit the requirements of the con-spirators and the collaborators. Labels attached to older pictures highlight social injustice, colonial exploitation and prejudice The gallery seems to illustrate the way in which the feelings of the few now dominate the views of the many tn every sphere of activity

The aims of the WEF and other organtsations seem to be to destroy each nation's hentage, to destroy every country's culture In the UK, all major insti-tutions seem to have become very woke The National Trust, the Marylebone Cricket Club and other former mstitutions are now unrecognisably woke — to the great confusion of long-standing members Long established regiments 1m the army have disappeared or been merged

The aim of the conspirators is to change the world by erasing nations, farnihes and communities and by destroying everything humans consider to be personal and valuable Immugratron (whether legal or Wlegal) 1s encouraged 1n order to

create impoverishment, resentment, racism, terrorism and pienty of excuses for war (Asan aside, it used to be thought that patriotism was good but nattonalism

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was bad Today, however, both are unacceptable because there can be no countriesin the New World Order)

Naturally, immigration programmes have led to resentment on both sides and, especially in France, the development of racial and cultural ghettoes 1s leading to civil war

22
In this book I will show how the United Nations, the Round Table, Black Lives Matter, the Democrats, the Republicans have destroyed our hives with the controversies over gender (with imsane gender language changes being introduced with the sole idea of creating confusion and destroying human relationships), transgender politics (also designed to bewilder and create diviston) and exaggerated campaigns against sexual abuse (‘He said my haw looked mice’, ‘He said he hiked my dress’ 'My hfe 1s now ruined’) A wolf whistle used to be regarded by most women as a compliment, today it is a criminal offence The conspirators have deliberately created diviston, distrust and fear between the sexes, and the neoliberals who run the global economic system have consistently shown that ther arm ts not to create more fairness, or to advance the rights of women in those countries where unfairness is commonplace, but to create as many divisions as possible between men and women The atm of the neoliberals who make up the Establishment, and who are pushing us towards their beloved Great Reset, 1s to break up soctety 1n as many ways as possible so as to ensure that men and women are too busy fighting one another to worry about the progress to wards the New World Order Itis for this very same reason that national history and national and regional culture are betng banished from every aspect of life, and why schools and colleges no longer teach students material which could be construed as patriotic or in any way Lkely to lead to preater pride

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Then there are the absurdly exaggerated accusations of racism, always popular with communists who see such accusations as a way to break down society, with accusations buult on the flimsiest of pretexts (‘He couldn't pronounce my name properly and so he 1s a racist’ ‘He didn’t pick me for his team and so he must be a racist’) A well- known personality had to issue a grovelling apology after people with too much treme on their hands found that he had once sent a tweet commenting that he perhaps needed to learn another language when he was tn

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The attempts to outlaw racism themselves produce racism, « 5 course with affirmative action and positive cdhscrimmmatron being nothing more than racism of another colour Appointing a black wotan to a company board of directors symply because she 1s black and female, and helps the company hits its diversity quota, 1s racist and sexist and just plan wrong The black woman should

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In this book I wall show how the United Nations, the Round Table, Black Lives Matter, the Democrats, the Republicans have destroyed our lives with the con- troversies over gender (with insane gender language changes being introduced with the sole idea of creating confusion and destroying human relationships), transgender politics {also designed to bewilder and create division) and exagger ated campaigns against sexual abuse (‘He said my hair looked mice’, ‘He said he liked my dress’ ‘My hfe is now muned’) A wolf whistle used to be regarded by most Women as a compliment, today it 1s a criminal offence The conspirators have deliberately created division, distrust and fear between the sexes, and the neoliberals who run the global economic system have consistently shown that their arm is not to create more fairness, or to advance the rights of women in

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The attempts to outlaw racism themselves produce racism, of course, with affirmative action and positive discrimination being nothing more than racism of another colour Appointing a black woman to a company board of directors

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simply because she 1s black and female, and helps the company hits its diversity quota, ts racist and sexist and just plain wrong The black woman should be ap pointed because she is the best candidate and will do the best job for employees, shareholdets and customers

Advertisers who show photos of happy couples or families mnvariably show a black couple or a black man and a white woman (usually a blonde) It is now uncommon to see any white men appearing in print or televiston advertisements

This isnt simple political correctness but is done because it enables the advertiser to avoid any accusations thatit might be racist It is virtue signalling and it s actually racist of course

lread recently of the exastence of an ‘mitiative' in the UK called ‘Black Farmer’s New Face of Farming’ with a range of food products called ‘The Black Farmer’ In the United States there 1s an organisation called Black Farmers’ Market And there are a number of trade organisations along these lines There is, for example, a National Black Police Association and in London there is the Metropolitan Black Police Association There ts a Black Writers Guild, a Black Writers Society

and a Black Writers’ Association And there is a Black Agents and Editors’ Group I can’t help thinking that by defining a group according to sian colour these no

doubt well intended individuals are sustaining and even creating racism And I wonder what the reaction would be if a group of farmers founded an organisation for white farmers Or ifa group of white policemen founded an association called the White Police Association I find xt difficult to avoid the suspicion that creating racial groups in this way 1s part of the conspirators' plan to create disharmony im society

In June 2023, it was revealed that the RAF has been practising discrimination against white men 'Dtscriminatton' is, of course, just a pohte word for 'racism' If a black manis unfairly treated because of his skin colour it ts racism and there 1s an uproar, sackings and scandal [f a white man 1s unfairly treated because of his skin colour it 1s discrimination and no one cares There seems httle doubt that if racism ts 2 serious problem in the UK it is white men and women who are most commonly the victims

We see footballers and other sportsmen kneeling in an attempt to show their moral integnty but merely displaying just how easily they can be mampulated They seem to me to be displaying shallow fake compassion and their own propensity for virtue signalling When it comes to the crunch, however, the sportsmen seem sadly short of moral courage At the World Football Cup in

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Qatar, for example, male footballers bravely announced that they would wear a rainbow armband during the tournament to show thew support for homosexuals (For unknown reasons, homosexuals have stolen the rainbow, longa Christian symbol, asanemblem And homosexuality is outlawed tn Qatar One might have thought that a better and more fitting way of expressing their feelings would have been to refuse to go to Qatar at all) However, when the organisers announced that footballers wearing ranbow armbands would be sanctioned, the footballers all abandoned their enthusiasm and put away their rarnbow armbands

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The Bank of England {which ts responsible for making a mess of the Enghsh economy and failing to control inflatron) has said that people of any 'gender identity' (I think they mean men or women but who knows) can be treated as pregnant And the Bank ts having some gender-neutral lavatories built so that lady bankers and gentlemen bankers who aren't sure of their gender identity can go to the loo together and share the expenence in polktically correct harmony The Bank's insane pregnancy policies mean that anyone can now be classified as a birthing parent and claim family leave from the bank, | bet there are some people facing 7% mortgages who wish the Bank would concentrate on inflation and worry a little more about the economy and a little less about showing how wokey it is

There are endless attacks on mascuhmity and femmunity with constant pressure towards unisex washrooms and a untsex world We can only stand and watch the banishing of the family unit and the nse of the State as a central factor tn our lives, the prejudice and dishonesty of the mainstream media (which now seems to specialise in rmisinformation and disinformation and rarely if

ever, reports the news without a built in judgemental commentary), the nse of homosexuality and the remainder of the specialities within the LGBTOQIA community (I tried to find out what the Q, the! and the A stand for but failed in this simple task No one 1 spoke to knew the answer, and even the internet was unable to provide an answer)

It used to be considered polite for a man to offer a co-worker or friend a compliment (‘Your har looks nice’, ‘That dress suits you' and so on) without any one being offended Indeed, 1f the comphment were a genuine one the recipient would be pleased and flattered Today, such remarks are considered to be signs

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of extreme sexist behaviour and men have been fired for saying such things and branded as sex offenders It 1s even now considered sexist for aman to stand up on public transport and to offer hts seat to a woman, or to allow a woman to proceed before him through a doorway (Ironically, men may sometimes be accused of being rude for not dotng these things.)

And, of course, those promoting women’s professional sport are insisting that as much attention be given to female football and cncket teams as to the more traditional maleteams Huge amounts of money are being funnelled into female sport even though the evidence clearly shows that there ts very little spectator mterest in matches played between women's teams or indeed when individual women play sports (women have been playing professional tenmis and goif for decades but the interest in their games has always been minute when compared with the mterest m male versions of those games) The media, as always, has been supine and some newspapers now give more coverage to wamen’s sports than to men's sports with the result that their readers find it mgh on mmpossible to navigate their pages A casual reader will see a headline that screams 'England World Cup Trrimph’ and will find themselves reading about the success of a team of 14-year-old girls playing lacrosse or netball

Once again, there ts a hidden agenda
Promoting and encouraging sexism encourages conflict and confusion - two

essential building blocks regarded as essential for pushing us into the Great Reset And new rules about ‘equality, diversity and inclusion’ have replaced humanity, goodwall and kindness with statutory obligations, statutory whmgeing and statutory recriminations The rules about diversity, inclusion and equality are doing far more harm than good. You can't regulate for kindness

Something called the Independent Commussion for Equity tn Cricket (commussioned by the England and Wales Cricket Board in a mood of self-flagellation) caused a storm (and a good many headhnes) by complaining that racism, sexism, classtsm and elitrsm are widespread in the game of encket.

I've been following cricket all my life I have spent a huge chunk of my life on cricket grounds I've spoken to many cricketers And I've been inside professional dressing rooms as a doctor I've written four books on cricket (including The Village Cricket Tour and Thomas Winsden’s Cricketing Almanack) and I've

written a column and articles for specialist cncket magazines And 1 believe the ICEC report will do far more harm than good

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But | wasn’t m the shghtest surpnsed by its conclusions The death of encket has been on the cards for some time After all, some of those involved with the dangerously fascist Great Reset, the climate change myth and the absurd re-wilding nonsense want to stop all sport because it takes up too much space and mvolves travel

To me the ECB's report stinks of woke gibberish
Equity in ericket, for heaven’s sake That’s areal ESG word
The woman who was chairman of the committee is described has having ex-

perience in ‘governance, inclusion and equity’
What a surprise
A woman described as a semor independent director of the ECB said ‘Promot-

Ing equity, diversity and rnclusion across the game is critical to the success of our game-wide strategy Inspiring Generations and our purpose of connecting com

munities through cricket’
Rishi Sunak, a well-known war criminal, took time off from sending depleted

uranium shells to Ukraine to get in touch with the ECB. He wants cricket to be inclusive and open to everybody [actually rather thought it was Even blind peo-ple play cricket

I think they've all missed the point (If ’'m allowed to have a view on this - which I rather fear may not be the case these days)

Cricket isn't a social programme or an experiment in human resources
Cricketisa game Or 1 thought it was
If people want to play they play If they want to watch they watch If people

from some areas of society aren’t interested then that's fine There are plenty of other games they can play Cricket doesn’t exist to change society and lead us mto the Great Reset

The report makes tt look as 1f cricket had huge problems
I don’t believe it does
At least, I don’t think 1t did
I think this report could create some very btg problems and it is my belief it

could do more harm than good
They won't agree with me, of course, but! fear this report will exacerbate sus-

picrons, paranoia, resentment and entitlement and actually create racism
If you look at tenmis, rugby, football, gymnastics, chess, dominoes or syn-

chronised swimming through the same distorting spectacles, you could claim they all have problems There are far more black players in top level professtonal

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football than makes statistical sense How many black tennis players are there in local tennis clubs? How many Mushm women are there involved in synchronised swimming? Enough? Not enough? Too many? Who decides?

The report says that there must be a ‘fundamental overhaul of the women’s pay structure in order to achieve parity with the men’s game’

I’m ternbly sorry, (and this really isn't a sexist comment, it’s a realistic comment) but that 1s like saying that the members of the chorus 1n an opera should be paid the sarne as the lead tenor and soprano

Look at the stands when women are playing There are huge empty spaces
If women are to be paid the same as men then the men will have to take a huge

pay cut There certainly isn’t enough money m the sport to pay men and women the same asthe men currently receive

The report says that Black cricket has not been adequately supported
Black cricket?
I thought teams had black and white players together Gordon Greenidge and

Barry Richards were probably the greatest opening partnership in history One was black and one was white

Are we now gomg to have black teams and white teams?
The report says that ‘cricket needs to have a clear set of values’
No it doesn’t need a set of artificially created values
Cricket needs some laws Which it has And it needs players to play the game

fairly and honourably Which they mostly do That’s where the phrase ‘it’s not encket’ came from

What on earth do they mean anyway?
The 317-page report says that costs are prohibitive
Really?
Have they looked at the costs of getting started 1n motor racing or horse jump-

ing? Or skiamg? Or yachting?
Do they want taxpayers to provide every child with a free bat and ball?
Kids who want to play cricket need an old tennis ball, a piece of wood anda

lamp-post on which to chalk the wickets And someone to play with
And look at this quote from Ben Stokes, the England cricket captain, made

after the absurd and damaging report was made pubhe ‘Il am Ben Stokes, bornin

New Zealand, a state educated pupil who dropped out of school at 16 with one GCSE in PE I needed help with the spelling and grammar in this speech and! am sitting here as the England men’s Test captain

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Elitismm?
Where ts the elitism?
The truth about cricket is that most of the people who play it and watch it are

rather decent They don't play or watch to change society They play or watch because it's fun They enjoy it And the last thing most people think about ts skin colour

It isn’t the fault of cncket that the money grubbers sold the TV nghts to a satellite TV company - thereby ensuring that kids don't watch tt and aren't interested in playing

Itisn’t the fault of ertcket that local authority schools don’t play much cricket
That's because local councils sold off the playing fields to developers.

There's sexism, racism and old-fashioned snobbery 1m all corners of life
But cricket isn’t any worse than anywhere else though | admit there isn't a

Test sertes for transgender cricketers and there obviously should be
This accusatory and adversarial report commissioned by the ECB seems to me

to be full of modern 'Great Reset’ language mtersectionalhty and cisgender make an appearance, of course

The report apparently crtictses the fact that some who watch cricket don't like drums being played all day long Well if I watch cricket I rather hke st to be a peaceful activity Is that now a race crime? Drums and impromptu bands and noisy behaviour should be banned May I say that, please?

And the report criticises the huge number of cncket followers who dislike the Hundred — which ts a daft form of biff bat cricket rather too symuilar to French cricket for my tastes I want the Hundred (whichis, [believe, destroying county cricket) ta be forgotten about Am [allowed to say that?

Are we now to be told what sort of cricket we can enjoy?
Oh, and the report talks about Type K’ individuals
‘Type k’ people are, apparently ‘white men, educated 1n private schools, who

are straight and cisgender and do not have a disabihty’
I would like to think that this utterly awful report will go straight into the bin

And the ECB which commissioned the report should also go in the bin
But they won't
I fear that ‘action’ will be taken and the death of cncket will get ever closer

Cricket has been painfully woke for some years now The annual Wisden

seems to have become woke And I think the MCC 1s pretty woke too

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And, thanks to this report, I suspect that things are now gomg to get much worse

The overall plan, espoused by the climate change enthusiasts, is to stop all sport - both amateur and professtonal - because it takes up land which they believe should be used for rewilding and because it involves travel

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The project known as Environmental, Social and Governance (ESG) 1s a dan gerous and enormously damaging form of woke capitalism, which 1s used as a weapon by governments, banks and regulators and even promoted with religtous fervour by brokers, analysts and financial journalists ESG ts, without a doubt, doing far more harm than good and 1s part of the conspirators’ plan to ensure that 'we own nothing’

Larry Fink, the chairman and chief executive of BlackRock (which 1s an investment company) says, rather bizarrely, that ‘access to capital 1s not a nght Ttis a privilege’ and has warned that corporate ‘behaviours are going to have to change, and this is one thing we are asking compamies, you have to force behavtours and at BlackRock we are forcing behaviours’

Fink is not a politraan or an elected official but the company he runs has control of trillions of dollars’ worth of investments His role as a money manager means that he has a fiduciary responsibility to those whose money he looks after

Fink's outrageous arrogance and hubnstic determination to claim power beyond reason has, fortunately, aroused some opposition from those who don't accept that Mr Fink hasthe rightto bully the directors and staff of other compantes or to take dectsions on behalf of shareholders In Florida, US, the Governor, Ron DeSantis, has signed into law a bill which prohibits state officrals in Florida from investing public money to achieve ESG goals

Meanwhile, outside Florida, those who doubt or question ESG are cancelled and likely ta lose their credit rating Corporate doubters will be excluded from bond markets and forced onto the fringe of corporate society The three biggest credit rating agencies have added ESG ratings to their portfolios, and so every company in the world has to obey the demands of the ESG enthusiasts Companies which produce hydrocarbons (such as o1l companies) have great difficulty in borrowmg money and shareholders have lost their rights as company owners

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Fink believes that clumate change is real (despite the evidence that it 1s not), that children m kandergarten schools should be taught about sex, including ho mosexuality (despite the opposition of many parents), and that everyone (boy or girl) should be free to use whichever loo they prefer (despite the opposition ofal-most everyone of both sexes)

Fink appears to believe that companies should ignore their shareholders and adopt something called stakeholder capitahsm —something which means giving power to lobby groups and elites and creating a new form of socialism whereby other people's money ts distributed to the poor and used to pursue the pohicies Fink feels are most important. In order to ensure that his policies are followed, Fink pushes through changes in company policy, and by bullying and pushing hard to promote his pet theories, ensures that boards of directors include mem-bers with extremist views (Anyone with investments might like to consider Fink's attitude when deaading whether or not to allow BlackRock to manage their investments)

Fink isn't quite alone in his determination to take over the world, of course Michael Bloomberg, another extremely arrogant fellow, and a man who runs a financial media company which provides news for most of corporate Amer-ica, seems to have simtlar atms, and both men could not unreasonably be de-scribed as berng egotistical, narcissistic and megalomaniacal Two men with but one Napoleon complex Another man with simular enthusiasms, Doctoroff, is Bloomberg's media boss And some, at least, of these views seem to be shared by Hank Paulson, a former boss of Goldman Sachs and Tom Steyer, a hedge fund bilhonaire

Bloomberg ts also much convinced by the fake climate change industry and has provided free prosecutors to sue energy companies if he doesn't hke them

By pushing their propaganda very widely, these people have massive influ-ence on climate scrence researchers and they influence the multi billion dollar a year climate mdustry

Sadly for Fink and Bloomberg, a growing number of experts are prepared to speak out and tell the truth about subjects such as climate change Dodgy science published by climate advocacy groups is certainly not uncommon,’ said Roger Pielke, a Professor at Umversity of Colorado And Warren Buffett, the leg endary mnvestor has also expressed scepticism The evidence shows that the: illogical obsession with Net Zero will lead to bilhons of deaths from disease, star vation and other preventable problems

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26 SHORE = EDIT. ~—sDELEL

Starvation 1s hbemg createa quite aeuperately as part or tne pian to reduce the world’s population

Encouraged by cultrst-controlled politicians, vast quantities of the world's crops of corn, soy bean and so on, are being used to make biofuels so that motorists can continue to buy cheap petrol for ther motor cars A while ago, a hst of 51 things you and | can do to prevent global warming was published Number 1 on their list was headed 'Turn food into fuel' This, 1t was claimed, would have a'high umpact' on the global warming problem It was suggested that ethanol is the alternative fuel that 'could finally wean the US from its expensive oi] habit and mm turn prevent the muthons of tons of carbon emissions that go with it'

This 1s dangerous nonsense When more land 1s used to grow biofuels, so that 'green' motonsts can dnve around feeling virtuous, there is less land for growing food and an increase in the number of people starving to death

The demand for biofuels has been soaring for years (despite the knowledge that, as a result, people are starving) and the increased use of biofuel 1s a major force behind the rise of food prices If greens keep promoting biofuels then there is going to be a global shortage of food and millions are going to die as a result

There are other problerns with our food supplies, of course
Big American seed companies have been busy patenting the rights to many

individual seeds They have done this so that they can force farmers around the world to buy their products One result has been that small farmers im India are no longer allowed to grow seeds from crops that their famibes have been planting for generations If they do, then lawyers for American multinationals will smother them with writs and injunctions

Asa result, the tncidence of suicide among small farmers in developing countnesis ternfyingly high

Finally, large modern farms are remarkably (and surpnsingiy) mefficient
When the fuel used to build tractors, make fertilisers and pesticides and so on 1s taken into account, it turns out that the energy cost of a kilogram of corn has actually risen tn the last few decades Soil erosion, the loss of poli:mators (such as bees) who have been killed by chemicals, evolving chemical resistance by pests and numerous other environmental problems have also reduced farm crops

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The result of all this 1s that food 1s becoming scarce and prices are nsing
This ts not a cyclical change {with pnces falling or msing due to changes in the weather) Itis a structural change and tt1ts, I fear, permanent

As far as food prices are concerned, the conditions really are optimum for a 'perfect storm' At first glance it appears that things really couldn't get much worse

But, actually, they could.
American genetic engineers have been 'modifying food for years to make it

more profitable No one knows what effect their modifications will have on the safety of food for human consumption No one knows what other horrendous side effects there might be The msks are unbekevably dangerous So, for example, if every farmer in the world grows the same ‘brand’ of potato and that potato 1s hit by a deadly disease then there won't be any potatoes

For those in Europe and America all this ts not yet critical
But for those in many other parts of the world this 1s already an outright

disaster In some countries nearly half of all children are malnourished And things are getting worse and will continue to get worse Rising prices and falling quantities of food available for eating {as opposed to filhng petrol tanks) will result in massive starvation around the world The fake coronavirus hoax, and the consequent economic problems which will devastate economies everywhere, will exacerbate the problem Asa result, the incidence of global starvation is set to rocket

It’s no good saying that the planet isn’t overcrowded (it isn't) or that there 1s plenty of food (there 1s), for the mescapable fact 1s that as a result of policies controlled by internatronal organisations controlled by the United States of America, at least five million tnfants and small children che each year ~ tn a good year That figure ts set to rocket in India, Nigeria and the Congo and elsewhere The number of people in extreme poverty around the world could soon double to over 200 million

Increasing agricultural production enabled the world to grow from 1 7 billion people to nearly 7 billion people in just a century But when the oil runs out, the world will not be able to feed that many people The oil is needed for farming as well as for transport

The racist and elitist policies of the climate change enthusiasts who want us to stop using oil will, if they are successful, be responstble for billions of deaths

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The billzonatres assume that they know best about everythmg (because they are rich) and that the end always justifies the means Their arrogance has also helped them become ever richer In the last two decades billions of dollars have moved from the middle classes to the bilionaire classes Real wages have been falling and the value of savings, investments and pensions has fallen steadily while the billonazres such as Fink and Bloomberg have got ever richer It 1s difficult to avoid the feeling that Fink and Bloomberg have for years now been ona very effective mission to destroy American from within

The unavoidable truth is that everything needs energy and without energy everything stops The climate change believers have pushed energy costs ever higher and if they are able to understand even the simplest scientific evidence, they must know that renewables will never replace carbon based fuels However, it ts largely thanks to the efforts of Fmk, Bloomberg and thei billionaure colleagues that capital spending on fossil fuels has fallen dramatically and fuel production has dropped 30% since 2020

27
The wilful destruction of pensions through absurd political shenanigans, the monstrous nonsenses known as diversity and sustainability, the rise in the power of the central banks and the Bank for International Settlements are all closely linked, all carefully designed, and all have exactly the same long-term aim a World Government anda global population of serfs (with the World Gov ernment almost certarn to have its parliament burlding in Israel which may be one of the most unstable and aggressive countmes on earth but which 1s also the physical or spiritual home of many of those leading the demand for a Great Reset and a World Government controlled by and for bankers and billionaires) Incidentally, cvil servants and those with publicly funded pensions might think that their rehrement.is well-funded because they have been promised good pensions I'm afraid that they are deluding themselves No pubhcly funded pension is safe

28
The ilhteran, the truth deniers, the conspirators and the collaborators have in-

vented a language of therr own By looking for their favourite words you can easiy .dentify the conspiratorial globalists

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And so here are their favourite words If you see more than two of these words Inany document then you know you are dealing with a conspirator You should be aware and wary

Collaboration The conspirators love to pretend that they are part of a big, happy famuly of mndividuals who have seen they are ight In fact, of course, they are collaborators in the way that thugs who set fire to a tramp 1n the street are collaborators

Sustainable This is probably their favourite word They can't usually manage a paragraph without using it atleast once Everything has to be sustainable

Resilient They use this word a good deal when talking about risk management

Leadership The collaborators hke to think that they all have leadership qualities They don't have any leadership qualities, of course, and so they use the word a good deal when describing themselves and thetr colleagues The words 'common purpose' are also popular among those who consider they are following the 'play book' (The tlliterat: are also very keen on 'toolkits' and 'group think' though none of them has the fogpiest what these mean.)

Impact They use this word to show the effect of one of their social engineering programmes

Demter They use this word to describe anyone who does not share thetr insanity Itis used as aterm of abuse If theycall you a denier you should be proud

Inclusive The collaborators love to feel that they are inclusive They are fans of forced homogenisation They believe mn mixed loos and mixed sports teams because these are a true sign of inclusivity They hke to subordinate mdividual rights to the nghts of the community

Equity The conspirators are huge fans of the redistribution of resources - as long as they get more of whatever there is than anyone else It ts through their enthusiasm for ‘equity’ that the collaborators show their allegiance to the com-mumnist cause They also lke to move towards the standardisation of everything

Diversity They love this word even more than they love the concept. Every-thing must be diverse They beheve tn the deliberate and steadfast disruption of what they call ‘organte patterns of association’ If you want to imitate one of the globalists just talk about diversity and sustainability

Transparency The globalists are firm behevers in transparency when it comes to other people They are, for example, enthusiastic supporters of ‘track

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and trace’ But they are not as keen about transparency when it comes to them selves and their own dirty deeds

The conspirators and collaborators are also desperately enthusiastic about accountability as far as it relates to other people They always like to create per-manent digital records of everything other people do They msist that everyone (except themselves) should be accountable for their actions They themselves steadfastly refuse to debate the value of what they do

Innovative They love thts word because it makes them seem orginal and creative Sadly, of course, none of them has ever had a single original or creative thought They prefer to follow the playbook devised by Schwab and the other leaders of the Nutter Movement They talk a good deal about the Fourth Indus-tnal Revolution because this makes them sound like mtellectuals. (Naturally, most of them have noidea what it means and didn't even know there were three other industrial revolutions until last week)

There are other words to look out for, of course Words such as 'predictive’ ‘profiling’ and standardisation’ invartably crop up at least once in every docu-ment they produce And remember too, of course, that the ilhterati who beheve mn global warming and the Great Reset regard a document of 500 pages as a short note

The battle between individualism (the essence of humanity and freedom) and collectivism is vast and contnumsg The collectivists are enthusiastic promoters

of mass vaccination programmes which are offered not to protect individuals but to protect communities, with no scientific evidence that they do either and much evidence that they do lasting harm We are being moved towards a four day week (at most), job sharing, working from home (guaranteed to reduce pro-

ductivity) and, as jobs become scarce and people decide they don't want them any way, a State paid for, State sponsored, State selected universal basic income Everything that is being done to oppress and suppress us is promoted and protected by, it seerns, all the world's lobbyists, pressure groups and self-appotnted fact checkers

30
The quickest and eastest way to become mch these days is to set up a fact checking company You can easily persuade huge companies to hire you to 'fact

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check' anyone telling the truth | have investigated a number of fact checkers specialising in scientific matters and found that none of them had any relevant qualifications and all of the ones I found merely labelled anything which contradicted the conspirators' official line as 'fake news'

Describing yourself as a 'fact checker' is one of the quickest way toriches these days because there are many large organisations which are ever eager to hire fact checkers and are, seemingly, unconcerned about the qualhfications (or lack of) of the individuals concerned I decided that the word 'deception' is the collective term for fact checkers as in 'a deception of fact checkers'

One of the fact checkers I encountered (by accident rather than design) was someone called Dave who edited a website called Media Bias Fact Check Dave described his site as 'the most comprehensive media bias resource on the internet' He clarmed to have five volunteers to help him and admitted that none of his teatn was a professional journalist Dave said he 'currently works full time in the health care industry' though he didn't say whether he was a bratn surgeon or a hospital car park attendant or a drug company sales representative He described himself as an armchair researcher and boasted that his website had been used as a resource by BBC News, among many other media organisations

I found that like most fact checkers, Dave was quick to describe videos and articles as 'FALSE' (fact checkers always put that word im capital letters, as though it has more gravitas that way) or as contaiming 'misinformation', even though everything mn a video or article had been thoroughly and professionally researched

When I examined his fact-checking site, Dave appeared to have based his judgement on matenal which appeared on a site called Politifact which itself contains errors They said I had a Facebook video But I have never had a Facebook account They said that m 2019 I authored a book aimed at discrediting trustin vaccmes That's not true either (The only book on vaccines which | have written was published m 2011 andit was aimed at providing readers with facts) They report that there is no clear evidence that the coronavirus vaccines have killed or will kill anyone I don't thinkI'm the only doctor in the world to disagree with that Indeed, how can anyone write that a drug will never kill anyone?

Another fact checker claims they wrote to me c/o the emazl address on my website There ts no email address on my website

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Dave didn’t lkke another video of mine called ‘Doctors and Nurses giving the covid 19 vaccine will be tried as war cnmuinals' He iabelled that one FALSE, based on yet another fact checker called Lead Stones

The problem with that judgement is that the exghth word of the title of the video 1s ‘wall’, suggesting that something is going to happen in the future It1s, of course, tmpossible to label such a judgement as false unless you have direct access to the future

31
Progress in terms of people getting richer relies on productivity going up but the opposite has happened in recent years Inflation, soaring taxes, lockdown mentalty, working from home and other factors are pushing people into giving up indespair Milhons now choose to hve on benefits, retire and take their pension early, or choose to be classified as long term sick and give up work for the rest of their lives In the UK there are, as] write in the summer of 2023, four or five mullton people classtfied as long term sick - people who are officially allowed to remain off work for the rest of their lives (Precise figures are always difficult to obtain from governments but when figures are offered they are invariably massively underestimated)

32
By the summer of 2023 there was some belated discussion in the press about whether lockdowns had helped prevent the spread of covid. In fact there is no doubt that the lockdowns made the situation considerably worse and were responsible, as I predicted when they were first rntroduced, for hundreds of thousands of deaths

What is 1gnored, however, ts that the lockdowns were not introduced to stop the spread of covid 19 The lockdowns were introduced as a form of comphance traring Their subsidiary arm was to make people so lonely and despairing that would be ready to grab at any solution And the solution, of course, was the toxic and experimental covid-19 vaccination

33
The innocent and the narve beheve that everythme is happening by accident Farmers around the world seem constantly bewildered and confused by pohctes and decisions which are designed to please the enthusiasts, calling for the

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closure of farms 1n order to appease the psychopaths calling for net zero In an artucle in a Bntish magazine {which, like others, seems to have fallen for the Green myths with all the mindless commitment of a teenager 1n love) one leading Green academic recently said 'Farming has no option - 1t will have to be sustainable otherwise it will not be sustained’ and there were doubtless many Green heads nodding though I confess I was merely left puzzied

Confused farmers descnbe new government policies as vindictive, senseless, cruel, destructive, insane, bureaucratic, dangerous and just plain bewildering Farmers are encouraged to follow ‘biodynamic’ farming methods whereby herbal and mineral preparations are used together with an astronomical calendar to guide sowing and harvesting dates (I’m not kidding) Nowhere 1s there more mcomprehensive jargon than there now 1s intruding into the world of farming Many farmers have been pressured into supporting the absurd re-wild-Ing programme which is promoted with such enthusiasm by the climate change believers The conspsrators’ plan ts to reduce the amount of land available for growme food in order to create food shortages, starvation and a consequent, inevitable reduction im the size of the global population The aim is to allow between a third and a half of all land to go wild. Even parks are being allowed to grow wild, and gardeners are encouraged to let their grass grow throughout the summer Re-wilding is leading to grass being left long and uncut on verges, in public places and private gardens

So what's the underlying reason? (They always have a reason) Well, long and uncut grass will dramatically increase the spread of ticks and the incidence of Lyme Disease It will also increase the number of people bitten by adders If you don’t see an adder and you tread on it then it will probably bite you And all that long grass will dramatically tncrease the amount of hay-fever Plus, long, uncut grass on road verges and traffic islands makes road accidents far more likely Re wilding 1s part of the plan to make everyone miserable, ruin everyone's health, make money for the drug companies and killa few people

In order to ensure that neither farmers nor members of the public encroach on land which has been set aside for rewilding (and the first re-wilding programme was introduced by the European Union some years ago in a scheme which was called ‘set aside’) wild animals are bemg released In England, for example, bison, water buffalo, wid boar and beavers have been mtroduced with predictably disastrous results The naive assume that if land 1s left uncared for, fields will become wild flower meadows, full of daisies, tulips, forget-me-nots,

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snapdragons, violets and other wonderful dehghts In reality, of course, fields which are abandoned to the re-wilding scheme simply become a chaotic and unpleasant mixture of nettles, brambles, dock and grant hogweed with outbreaks of Japanese knotweed growing rapidly over the years to come

Today, most farmers see their problems occurring as a result of stupidity, ignorance or a failure to understand ther needs But whatis happening to them 1s nothing to do with stupidity, .gnorance or a failure to understand —1t’s all deliberate and quite cold blooded. More and more European countries are now dependent on imports for most of their food and energy supphes

The bottorn line, vital to remember, is that nothing is happening by accident or by comeidence

The same things are happening im all industnes and all professions but be cause people tend to see only their own small area of activity most don’t realise

that their confusion, their own horror story, 1s part of a wider pattern that affects all industries, most professions and all nations The patient who spends two years on a waiting list for surgery is suffering (and probably unable to work) not by accident but by design The traveller whose journey 1s disrupted by delays and strikes is suffering because of planned delays and well-orgamised strikes The parents whose child is not being properly educated should understand that the educational system tsn't failing by accident but by design We all need to see everything that is happening as a part of a plan, rather than as a senes of isolated incidents My purpose in writing this book is to put everything in context and to enable the reader to see things 1n perspective, and later mm the book I will explain how we got here and whois responsible There is a greater plan, the plan for the Great Reset, and it ts being executed with military precision

34

And then, inevitably, came the designer war, ostensibly between Russia and Ukraime but in reahty between America and its NATO satelhtes and Russia.

It is clear that President Putin didn't want to sell his country to the American juggernaut, driven by the conspirators, and that was enough to mark him as an enemy It also seems clear that NATO and Russia were involved in a battle to decide which of them would control the world government which both of them are expecting NATO and Russia were playing a massive game of Monopoly, with the prize being control of much of the world's resources rather than the rent ona few

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wooden houses and the penalty being almost complete annthilation rather than a request to pay £200 to the bank and an instruction not to go past 'GO'

Everything bad that happens has been deliberately organised by American politicians and bankers What we are seeing now is a culmination of a process which started well over 100 years ago and is now rapidly approaching fulfil ment We now live m a world where bankers, who produce nothing, who are of no real value to society and who unquestionably do far more harm than good, control the worlds money

35

Today's problems aren't caused by the fact that 1% of the population controls most of the world's property and wealth but by the fact that the 99% are, through their mortgages and bank loans, in debt to the 1% and many will spend thetr lives working to pay off those mortgages or loans and, at the end of their lives, end up no richer than they were to start with The 1% (or, in fact, considerably less than 1% but J'll stick to calling them the 1% because tt's a simple way to describe them) have taken control of the 99% because, to put it bluntly, they ownthem The 1% has sucked the world dry of money They control everything They control natural resources, they control finance, they controi the politicians, they control the judiciary, they control the police, they control health care and they control the military Globally, they have virtually total control over organisations such as the United Nations (and its subsidianes such as the World Health Organisation), the World Bank and the International Monetary Fund Any dissent that appears at the topis contrived and artifictal. The 1%, the conspirators,

may sometimes appear to be at war with a government or an administrative body or an NGO but they are never at war with anything or anyone because they control everything and everyone The 1% controls the protestors Black Lives Matter, clymate change groups and mobs smashing store windows are all financed by the billionaire financiers

36
Nothing ts at it appears to be and nothing, for sure, is as the media would have us beheve Everything you read, see or hear courtesy of the mainstream media 1s alie For example, the mamstream media around the world insisted that Russia had destroyed its own Nord Stream pipeline even though there was exceilent ev idence that the pipeline had been destroyed by the Americans - whose president

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had, indeed, boasted that the pipeline would be destroyed There was of course no logical reason for the Russians to destroy an enormously expensive pipeline, and if they d wanted to stop the flow of gas to Germany they could have merely turned off the supply When the Kakhovskaya hydroelectric dam was destroyed, the BBC's first reaction was to blame the Russians, even though there was, once

again, no logical reason why the Russians should destroy a dam which was providing water for much of Cnmea and was essential for the functioning and safety of their own nuclear power station Moreover the area beneath the dam-aged dam was largely occupied by Russians All the evidence showed that it was Ukrarne which benefited from the dam's destruction Even after Russia had ac-cused Ukraine of destroying the dam, the mainstream media continued to blame Russia, with most mainstream outlets refusing even to mention the far more likely possibility

Modern, Western societies were originally designed to stop anyone taking control The legislative branch of government was kept separate from the other branches simply so that all the power would not bein the hands of the few But the 1% has changed ail that Moreover, the 1% has achieved this position srmply by manipulating the money and by using the money to control the pohticians I wonder how many people know, for example, that after the banking collapse of 2008, which started tn the US and became global, it was American President Obama who decided not to prosecute any of the bankers who had created the crash It was President Obama, a Democrat ostensibly representing the ordinary men and women of America, who defended the bankers, who insisted that the millions of people who lost their homes should not be bailed out and who ar-ranged for bankers such as Goldman Sachs and J P Morgan to be batled out with billions of dollars of taxpayers' money Furthermore, it was Prestdent Obama who allowed the bankers to use the bail-outs to give themselves huge bonuses And yet the mass of people still revere Obama, the great betrayer, and regard him asa hero (The banks were presumably grateful and it 1s, of course, merely a co-incidence that former President Obama became strangely wealthy after his term as President came to anend)

37
Democracy (once described as the tyranny of the majority and abhorred by

Socrates, Plato and Anstotle) has, hke much else, been weapomsed and a new breed of woke tndividuals (who believe they are exhibiting compassion which,

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in truth, they neither feel nor understand) show a sense of reverence for the spiritual trammungs of the State that marks them out as being indistrnguishable from the brain-washed followers of Mao Tse Tung. They are just as blind to truth, decency and respect as the commutted followers of any dictator in any totalitar-1an regime must be

All these things, and many more, were and are connected by a long-running conspiracy of bankers, polrtiicians and assorted billionaires, a long running, deep seated conspiracy which this book exposes and defines in great depth and detaal

Today, there ts an understandable inclination to regard the fake coronavirus pandemic that was used to bring in lockdowns, social distancing, mask wearing and pseudo-vaccines, as the start of the troubles which are destroying our world and taking away all vestiges of our freedom and humanity

But all that has been nothing more than an exercise m compliance traimmg designed to ternfy, to subdue and to force billions to forget everything they know, to ignore all truths, however blatant, to set aside all natural suspicions, and to becorne obedient serfs What has been happening 1n the last three years (the fake plague, the nonsense of net zero and all the accompanying restrictions, the beginning of World War III) is merely the culmination of something that started many decades ago

Everything ts hotting up because the conspirators, the very few men and women who are behind everything that is happening, can smell the fear and taste the blood, they know that the mass of people are broken and can easily be controlled They know too that this 1s their moment, 1f they pause or hes1-tate then they are lost and it will be decades, at least, before they have another chance

When we are afraid we do not think properly and when the fear becomes chronic our ability to think clearly is suspended more or less permanently We have been manipulated and groomed for decades, trained to be fearful The threat of the nuclear bomb, a range of threatened infectious diseases (starting with the wildly exaggerated threat of AIDS), constant wars around the globe, the madness of the wildly exaggerated threats that the world will end in five years, ten years, fifteen years or whatever because of the non-existent threat of non-existent clyumate change, endless over-promoted distractions, accusations of racism, sexism and so on — all these have created fear, depression and increas-tng despair Just as Carl Jung had predicted, the State has taken the place of God

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The conspirators know that people m fear need and demand someone to take

controL Adults become like children, requiring authority and tolerating surveullance that would otherwise be regarded as intrusive People become ready to sneak and snitch on their fellows The most absurd instructions are followed without question And so, because of the threat of an rmapinatively marketed flu, the elderly were locked in care homes for years, and relatives were only allowed to see them through glass Vaccination programmes were promoted with bizarre incentives (in America it was possible to win $5 mullion if you agreed to be vaccinated, and free beer and free doughnuts were given to those who had been jabbed) Celebrities offered abuse to those who questioned the need for the vaccrnation programme The Queen of England and the rest of her famuy exhorted everyone to be jabbed The Archbishop of Canterbury promised that those who were jabbed would be loved by Jesus (and, presumably, those who didn t get vaceinated wouldn’t be loved) The BBC told the public that the covid-19 vaccine was safe and effective - though the medical evidence at the time showed clearly that the vaccine was neither of these things and the assurances were offered without any scientific background

The truth ts that the vaccine damages 1mmune systems, making those who have had it more hkely to catch (and die from) other infections And will the covid-19 jab affect the fertility of those who had it? It seems very likely Cancer tates are rising rapidly among those who agreed to be vaccinated It was clear in the autumn of 2020 that the covid 19 jab would be neither safe nor effective, and today there 1s now no doubt the covid jabis a killer, fake vaceme - useless but far more dangerous than depleted uranium shells or cluster bombs Like bombs, rockets and bullets, its only concervable purpose ts ta kill people

The evidence showing that the over-promoted, over-sold covid-19 jab ts the most dangerous pharmaceutical product ever used is denied only by fools or shills for the conspirators and the drug industry | have repeatedly warned that the covid jab can and does cause or exacerbate a huge range of serious health problems - including heart disease, clotting problerns and cancer And as 1 warmed in 2020, the 1mmune system problems caused by the 'vaccine’ are deadly

The evidence suggesting that the covid vaccine ts toxic 1s overwhelming and should be banned ts constantly growig Any other product known to cause such severe problems would have been taken off the market a long hme ago

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A review of 325 autopsies on pattents who died after covid vaccination showed that 74% of the deaths were caused by the covid vaccine

The nine eminent authors of the paper found that the organ systems most likely to be involved in covid jab deaths were cardiovascular system, haematological systern and respiratory systemrm The mean time between vaccination to death was 14 3 days A total of 240 deaths out of the 325 deaths were independently adjudicated as directly due to or significantly contributed to by covid-19 vaccinations

The nine authors concluded ‘The consistency seen among cases in this

review with known covid-19 vacetne adverse effects, their mechanisms and related excess deaths, coupled with autopsy confirmation and physician-led death adjudication, suggests there 1s a high hkehhood of a causal bnk between covid 19 vaccines and death m most cases Further urgent mvestigation is required for the purpose of clarifying our findings

Then there was the paper which appeared tn the British Journal of General Practice recently which showed that 'enlargement of axillary, supraclavicular or cervical lymph nodes following vaccination with covid 19 mRNA vaccines 1s more frequent than inittally reported, with a rate reaching up to 16% following the second dose of the Moderna mRNA vaccine' The paper also reported that a few cases of lymphoma were reported in the literature

The authors warned that doctors in charge of patients with post-vaccination lymphadenopathy should be reminded to consider the possibility of an underly ing or comadental makgnant disorder The truth, of course, 1s that there aren't enough doctors around to check fully 16% of all the patients wha have a second dose of that vaccine

The covid jab is causing one problem after another And the problems are ignored or suppressed by the medical estabhkshment

In July 2023, 1 showed that the covid-19 jab was responsible for a surge in type 1 diabetes among children and teenagers

A survey of 38,000 young people (reported im the Journal of the American Medtcal Assocratron) showed that the nse is substantial

I warned that this would happen back in 2020 I warned that the covid-19 jab would push up blood sugar levels

The epidemic of type 1 diabetes ts caused by the covid-19 vaccime And the drug companies will now get ever richer selling treatments for diseases the drug compantes caused

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Everywhere you look there 1s evidence proving that the covid jab was a koller In less than two and a half years nearly 2,000 healthy athletes have had heart attacks or sudden serious health problerns - with over 1,300 of them dying

And yet, in the summer of 2023, the medical establishment, bought with drug company money, was still refusing even to conternplate the idea that the deaths may be caused by their beloved vaccine They didn't dare admit thatthe medical profession was responsible for thousands of unnecessary deaths because they were terrified of the inevitable lawsuits not to mention the professional embarrassment

It was clear that doctors who gave the covid jab without properly assessing the dangers were going to be on the wrong end of the world's most expensive

class action lawsuit

But the vaccines have not been withdrawn No one in the drug companies or the medical establishment tssued grovelling apologies

Instead, as had happened for over three years, the doctors who were exposing the dangers of the covid-19 jab were being harassed, banned and censored.

Any doctor who was shill g»ving the covid-jab had shown themselves to be a dangerous fool who should be struck off the medical register for life and arrested immediately for attempted murder

38
It ts, of course, possrble to trace the plan to control the world back hundreds of years

In The Repubitc, Plato recommended creating asuper-state headed by philoso pher-kings Charlemagne wanted the world, and not just Europe, and who knows where Napoleon’s ambitions would have ended Thomas More wanted Utopia and Alfred Lord Tennyson wanted much the same H G Wells took tame off from wmnting excellent novels to toy with the idea of a global super-state

Those planning the conspiracy have always had a long-term pian but they also Knew that they would, in their lifetimes, benefit enormously from their conspiracy

The conspirators may think of legacies and dynasties but although they like nothing move than to be described as philanthropists, they are not individuals who think much of the concept known as altruusm The conspirators are men and women who beheve very firmly that charity begins at home The conspira tors do not do things just because they are the ‘right things’ to do If they make

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a donation to a college or a hospital or a foundation of some kind they msist that the reciprents put their name on a building, a scholarship or some other memiortal If they have a foundation then they will find a way to benefit from the foundation's tax-free status These are people who, by and large, know that they cannot be rmmortahsed in statue form, because everyone who saw the statue

would say ‘Who the devil was he’, and so they force themselves onto the future ina more modern, practical way

39
All the events I have deseribed so far are linked in which can best, and most appropniately, be described as global terrorism on a scale never previously seen — let alone rmagined

Now it’s tme for some explanations and some revelations
It’s time to go back over twocenturies to the end of the 1 8th century when the

House of Rothschild was operating in Europe and when they created the basis of thetr wealth by financing wars

The Rothschilds didn't finance one side in a war They didn't give financial help to governments, kings or leaders of whom they approved, they financed both sides In wars they financed all the armmes tnvolved and made profits from everyone During the 19th century, wars led (as wars always do) to arebalanemng of power And at the heart of the power sharing sat the Rothschilds

The founder of the dynasty, Meyer Amschel Rothschid, who operated out of Frankfurt mn Germany, was a crafty and rather greedy man who had five sons, four of whom he sent to various parts of Europe to orgamse financing in England, France, Austria and Italy The fifth son stayed in Germany

It has been satd that the Rothschilds weren't merely profiteering but were behind all the wars in Europe in that time Millions of people dred so that the Rothschilds could become rich. And with their wealth came power

How did thts bunch of crooks make ther money?
Simple
Wars cost money, lots of money, and the Rothschilds were always there with

bags of gold to pay for soldiers and guns and ammunition Whenever there was a battle there was always one certain winner the Rothschilds They lied, and deceived and tricked ther way to becoming international bankers And, of course, to becoming incredibly wealthy They got nch by lending money to all the politicians and all the kings and charging them huge amounts of interest

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In the American Civil War, the Rothschilds helped finance both sides I wonder how many Amencan children hear about that in ther history lessons

Wars cost huge amounts of money and in the end, of course, it is a country's taxpayers who have to find the cash Financiers like lending money to governments because they know that they can charge a high rate of interest, they know that they will almost certainly get ther money back and they know that ifa gov ernment owes them money they will probably be able to do advantageous deals giving them monopolies, and the freedom to exploit natural resources such as areas containing orl or metals

This way of working was gradually copied by other bankers, and by the 21st century it was become clear to anyone who looked that when US troops stayed In a country after an invasion, they weren't there to help but to steal natural resources (Examples included Iraq, Libya and Syna) The American style was to create a war between two sides, send in troops to help whichever side they thought most sympathetic to the American cause (or whichever side had the best natural resources or wealth) and then steal whatever natural resources (oul,

gold, other mimerals, antiquihes or money) which the country had
Today, no one likes to say much about the Rothschilds for one simple reason

they were Jewish And organisations such as the Anti-Defamation League have always regarded any attack on Jewish bankers as berng anti-Semitic Acadernics, authors and journalists are always careful about mentioning the role Jewish bankers have played in the development of what 1s without doubt a global conspiracy because of the danger of being classified, and attacked, as anti-Semitic This ts, of course, absolute nonsense Drawing attention to the actions of the Rothschilds and other Jewtsh bankers has nothing whatsoever to do with the Jewish people as a whole But for the consptrators tt 1s convenient, quick and effective to use the anti-Semitic insult as a defence weapon to silence historians and honest commentators

In fact, Jews should be as angry as anyone about the actions of the Jewish bankers In World War IT for example, the Warburgs, a Jewish banking family, helped to finance Adolf Hitler and the National Socialist Party If you want to know more about the role of the Warburgs take a look at Zina Cohen's The Shocking History of the EU

Newly minted mternatronal bankers {such as the Rothschilds) didn't just make vast amounts of money out of wars and governments, they also acquired extraordinary amounts of power So, forexample, governments gave the bankers

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the night to form central banks The Bank of France, the Bank of Germany, the Bank of England and, 1n America, the Federal Reserve were set up not by governments but by bankers with their own interests at heart

The story of how the Federal Reserve was created is extraordinary A bunch of leading American bankers took 4 trip to Jekyll Island in Georgia and created America's central bank in secret The story of this chicanery 1s told in G Edward Griffin's 600-page book The Creature from fekyll Island A Second Look at the Federal Reserve The bankers were aided in obtaining control of America's money by a man called Colonel Edward Mandel House who was English and no more a colonel than Colonel Tom Parker, Elvis Presley's manager Colonel House was a behind-the-scenes fixer who wrote about establishing 'socialism as dreamed by Karl Marx' in America and who wanted a central bank which could provide flexable, inflatable paper currency and a graduated income tax House was said by some to be more powerful than President Woodrow Wilson and this does not seem at all far-fetched With House running the economy, America's national debt expanded by 300 per cent

In an attempt to disguise their perfidy some of the bankers behind the plan for the Federal Reserve pretended to oppose it New laws were passed which appeared to control the bankers but which actually gave them more money and more power

A similar system has been operated by the European Union for decades The eurocrats who create the EU's laws appear to be defending ordinary people by devising yet more laws and regulations to control banks and busmmesses In reality, the laws and regulations are introduced at the behest of lobbyists working on behalf of big banks and big internatronal companies and they are part of the plan

to create a global financial system, a global currency and a global government The powerful men and women who pay the lobbyists (not all of them bankers or financiers) know that the rules and regulations will make 1t impossible for new companies (and banks) to get started in business Large companies, on the other hand, will ensure that the EU creates laws which don't actually affect their earnings And, of course, they will hire huge departments full of specialists who can use the new legislation to their advantage All this is aided by the fact that there is an easy movement of staff between the EU and the large compamies the EU ts supposed to regulate There has never been as corrupt an organisation as the European Union Back in 1995, Bran Freemantle wrote an astonishing and revealing book calied The Octopus about corruption in Europe My own more re-

cent book OFPIS contaims revelations which | still find astonishing It 1s not surprising that the media and the British crvil servants are strong supporters of the EU since they are all strong advocates of a world government and all that goes with it

The real soctahsts, and the real communists, who welcomed the way the

bankers appeared to be working (and the central banks they created) had no idea that they were beng manipulated and controlled by very nch, very crafty, men whose plan, even then, was a world government which they would control

And those who were surprised that rich bankers should support the idea of a progressive income tax did not realise that the bankers (and their rich friends) would not be paying the tax for they would use foundations, trusts and offshore tax shelters to protect then wealth And so individual bankers actually owned ther countnes' central banks and had the power to create money and control those countries and their populations [t was Lenin who said that establishing a central bank was 90% of turning a country into a communist country and, indeed, having a central bank 1s one of the ten requirements hsted in The Communist Mamfesto It isn't surprising that Thomas Jefferson wrote that 'banking establishments are more dangerous than standing armies'

Even after the Bank of England and the Bank of France were theoretically brought under political control (and 'socialised') the bankers who had originally been the owners retained power over them Montagu Norman, the longest serving Governor of the Bank of England (he held the post from 1920 to 1944) was described by the Wall Street Journal as 'the currency dictator of Europe' Norman, wha was by any standards a 'bad' man, boasted 'I hold the hegemony of the world In 1942, Norman was quoted as saying that 'the hegemony of world finance should reign supreme over everyone, everywhere, as one whole supernational control mechanism'

Today, the central banks have enormous power In the US, the Federal Reserve controls interest rates and the money supply and can, therefore, decide whether there is going to be a recesston or a boom It ts the Federal Reserve that decides what happens to share prices and it ts the Federal Reserve which decides whether Americans have to deal with inflation or deflation The plan behind the

formation of the Federal Reserve was always a sumple one to enable billionaires to pretend to mtroduce a socialist state, a workers' democracy, so that they could control the country and become dictators

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The bankers had also realised that if they created artificial panics they would have even more power and make even more money By scaring ordimary investors {and pushing thern into selling their shares, for example) they could make enormous profits And bankers have manipulated and controlled entire countrtes since the early years of the 20th century It was] P Morgan, the epony mous founder of one of the world's most powerful banks, who created panic mn order to ensure that the Federal Reserve was created It was Morgan who pushed the US into the Great War in order to protect loans he had made to the British Government Woodrow Wilson had been re-elected as President after promising to keep America out of what was seen as an exclusively European war But while Wilson was busy promising that America would not get mvolved m the war between England and Germany, Colonel House was forging an agreement with England to do just the opposite The men who had been at the Jekyll Island meet ing, and who had created the Federal Reserve, were keen to become tnvolved because many of them had lent money to England and were keen to ensure that their money was not lost. And, of course, there was plenty of opportunity for businessmen to make money out of the war Bernard Baruch alone fixed up government contracts worth tens of bilhons of dollars The mamstream media was told to switch from opposing entry into the war to saying that it was essential for Amertca to become mnvolved Authors Gary AHen and Larry Abraham reported that one British MP, Arthur Ponsonby, wrote that 'there must have been more deliberate lyingin the world from 1914 to 1918 than in any other period in the world's history'

Tragically, it now seems clear that the decision to push Amenica into the war did far more harm than good and it was certainly the beginning of America's long period of being :nvolved in wars between other countries (America has been at war with someone, somewhere pretty much since 1914 The bankers,

the financiers and the arms manufacturers need constant war)
Bankers and arms dealers made fortunes However, Winston Churchill noted

that everyone, everywhere would have been better off if the Americans had stayed out of the war He argued that peace would have been made with Germany, that there would have been no collapse in Russia leading te communism and no collapse in Italy leading to the rise of Mussolini andfascism Most rmportantly, perhaps, the Nazis would have never been able to take power in Germany if the Americans had stayed at home and a settlement had been agreed between England and Germany The negotiators at Versailles, who allegedly sorted out

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the peace settlement after WWI knew damned well that 1t was going to make

things worse rather than better And remember what happened to the Middle East and the attempt by T E Lawrence {Lawrence of Arabia) to provide the Arabs with a fair solution

Lord Curzon remarked that the Versailles treaty was 'not a peace treaty' He described it as 'sumply a break in hostilities' and he was, of course, absolutely correct in his assessment

Not long after the end of the Great War ('the war to end all wars' and not, then, of course, given a number) the American bankers were lending money to a German politician called Adolf Hitler And during the Second World War, American companies were providing the Nazis with essential supplies Moreover, even before the end of World War II, the msiders were carving up Europe and planning more wars

(Inetdentally, many Americans, particularly those wha lost loved ones 1n the Vietnam War, might be surprised to learn that the Viet Cong and the North Vietnamese received 85% of their arms from Russia and Soviet Bloc countries and that those suppliers were helped by Amerncan bankers and mdustnalsts Once again the conspirators in America were financing and equipping both sides of a war and providing the enemy with the bullets which were killing American soldiers The rules said that American companies couldn't sell 'strategic' weapons {such as guns) to the enemy, but they could sell the tools to make the guns The Vietnam War was fought without there having been a forma! declaration of war and so the financiers could not be arrested for treason.)

The end of the Great War provided the bankers, the fixers such as Colonet House and the other insiders with a real chance to set up a world government And so the League of Nations was created The problem was that everyone 1nvolved in the negotiations knew that everyone else present was cheating and lying and no one trusted anyone The Americans huffed and puffed and walked out and the proposed World Government fell apart

Not everyone mn America had given up, however
The ubtquitous Colonel House met with members of The Round Table and the

Royal Institute of International Affairs and the Council of Foreign Affairs Their plan was to try to work out a way to persuade the voters of Europe and America that they needed a world government to guarantee peace

Meanwhile, after J.P Morgan's death it was his bank which helped to finance the Revolution tn Russia

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More importantly, America and the West had manufactured an 'enemy', and governments had an excuse to spend billions on manufacturing arms to defend themselves

It was all horribly easy to organise
Between 1923 and 1929, the Federal Reserve increased the supply of dollars

by nearly two thirds At the same time the mainstream media promoted shares with tremendous enthusiasm and, as a result, the stock market soared A major stock market crash was planned in 1927 and the Federal Reserve Board worked with the heads of central banks tn Europe to make sure that everything went according to their plan What happened next 1s no secret Thousands of investors were ruined m the crash of 1929 The bankers got richer Many of them had sold 'short' and made fortunes out of the crash they'd helped create

And the same scenario ts repeated at irregular intervals
The bankers start a scare
The frightened investors sell their shares cheaply
The bankers buy the cheap shares and make a fortune They are never ptun-

ished mn any way for their dishonesty and greed (For example, rf you want a quick guide to the crash of 2008, I recommend the film The Big Short)

Alternatively, by starting a rumour that a specific company was in financial trouble, the bankers could start a panic, buy the shares sold by panicking investors and then make a fortune The bankers did that often too Except for artusts of one sort or another, very few people ever get extremely rich honestly Behind every great fortune there 1s a history of theft, deceit and chicanery The insiders who run countnes and start wars manage the markets, establish monopolies, control natural resources (such as oi] and essential minerals), fix prices, control the labour market and buy and sell politicians

And, of course, anyone exposing the truth will be dismissed as paranoid, con

demned as a conspiracy theorist and labelled discredited
This has been going on for well over a century And it1s stll happening today

Financial markets are regularly manipulated Central banks (which often appear to be run by incompetent people) force debts higher, play with interest rates in a way that destroys economies and push up inflation when it suits them and the big banks (When interest rates rose rapidly in the UK 1n 2023 and people with borrowings were paying 7% or more, savers were stil receiving less than 1% ininterest It was clear ts was profiteering, shylocking, and that the pian to impoverish everyone was being followed precisely) Recessions and depressions

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appear periodically as and when required The bankers, and the central bankers, know that only precious metals such as gold and silver hold ther value

4s Lord Curzon and Winston Churchill had both foreseen, the Great War was not the end of European hostilities In 1939, the Second World War began Hitler was helped by the Round Table Group since 1t was generally felt among the insiders that a Second World War would make it easier to start a world government with the bankers and other insiders running things, and the people of the world being turned into drones (For more about the financing of the Second World War I suggest that you read Zina Cohen's book The Shocking History of the EU)

As soon as the Second World War started (and years before America became myolved) the insiders inthe US set up a Committee on Post-War problems And it was this group of American crooks (aka Wall Street movers and shakers) who set up the United Nations with the plan that this would, at iast, lead to the development of their beloved world government The people involved in the formation of the United Nations included Nelson Rockefeller and aman called John] McCloy Nelson Rockefeller is well known but McCloy not so widely known

McCloy, a former president of the World Bank, had been a partner 1n a law firm which represented the American portion of German company IG Farben and subsequently acquired a reputation for having sympathy for the Nazis For example, early in the Second World War, McCloy used his influence to block attempts by Jewish organisations to persuade the US Air Force ta bomb Auschwitz because he knew how cmuctal the concentration camp was to German Industry It was known that 1t would have been easy for bombers to destroy the gas cham bers and key railway junctions but McCloy (who was, at the time, the Assistant Secretary of War) claimed that bombing Auschwitz might annoy the Germans and provoke them into vindictive actions Some found it difficult to understand precisely what ‘vindictive actions’ he hadin mind And it was McCloy’s actions after the end of the War which helped create the European Union

After the end of World War II, McCloy became US High Commissioner for West Germany In addition to releasing many industriahsts who had been sentenced to prison, he also arranged for Nazi camp doctors and SS officers to be released or to have their sentences substantially reduced

As soon as McCloy had arranged for their release, the executives from IG Farben quickly re-jomed German companies, with, for example, Schmutz joining the board of Deutsche Bank McCloy was never subjected to serious cnticism for any of his actions because he was obeying American instructions Although

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President Eisenhower had wanted to nd Germany of the influence of the Nazis, there were other powerful Americans who felt differently AHen Dulles, John Foster Dulles and General Patton all wanted the Germans to control Europe as a bulwark against the Soviet Union.

After the War, McCloy served as chairman of the Chase Manhattan Bank and the Ford Foundation (Thomas McKittrick also became a director of Chase Man hattan, a bank which had had strong inks with the Nazts dunng the War } McCloy also became chairman of the Council on Foreign Relations and an adviser to five American Presidents In 1963, McCloy, the man whe had worked with the manufacturer of the gas which had been used to murder millions of Jews and who had ordered the early release of some of Germany’s worst war criminals, was presented with the Presidential Medal of Freedom by President Lyndon B Johnson

It was entirely thanks to the efforts of people such as McCloy and McKittrick that Schmutz, Krupp and other war criminals (who were as responsible as Hitler, Himmler et al for the horrors of the Second Worid War, and the efficient brutal-

ity of the Naz: war machine) received no punishment at ali or the sort of pun ishment usually regarded as suntable for small tme motoring offenders It was released war criminals who helped found the European Union

Being much richer than Rudolf Hess, and having more powerful friends, Krupp, who had been sentenced to 12 years imprisonment at Nuremberg, was released by the Amenmcan McCloy after just three years in prison It 1s worth recording that Krupp's imprisonment does not sound much hke punishment A room in the prison was set aside so that the Knupp directors could discuss corporate business, and Krupp was supplied with the best food and wines available He apparently took delight n insulting the people who had been responsible for his incarceration Incredibly, McCloy even arranged for Krupp to be pardoned and his record as a war criminal expunged after his release

Krupp's industrial emprre had controlled slave labourers im 57 concentration camps and Krupp, who was also Hitler's Minster of Armament and War Production, was close to the German high command He was responsible for transferring factories from occupied territories to the German Reich He was one of the most evil members of the Nazi regime and was awarded medals by Hitler for keeping up production of arms through the use of slave labour

McCloy later explained his pardon for Krupp by claaming that the German was a‘playboy who had not had much responsibility In fact, Krupp had been very

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much a hands-on operator, and runnmg the compames had been entirely his responsibility Astonishingly, McCloy even ordered that all of Krupp's property, which had been confiscated after the War, be restored to him so that he suffered not at all After his release and pardon, Krupp, one of the richest and worst German war criminals, quickly became a seerningly 'respectable’ German citizen accepted by German society and playing an important part mn the ennching of Germany and the development of the European Union

It was McCloy who helped the Nazis set up the European Union after the end of World War II

And, of course, he was one of the Americans who helped to found the United Nations

The Communist Party instructed its members that ‘Great popular support and enthusiasm for the Umited Nations’ policies should be built up, well or ganised and fully articulate But it is also necessary to do more than that, The opposition must be rendered so impotent that it will be unable to gather any significant support in the Senate against the United Nations Charter and the treaties which will follow'

And so the Communist Party supported, endorsed and promoted an organisation (the United Nations) which had been set up by a bunch of American bankers

Naturally, the mainstream media managed to convince people that the new organisation was set up to promote world peace and most of those now promot mg its activities, and parroting the official line, do so without knowimg precisely what hes behind the propaganda Since tts formation, the goal of the United Nations has been to abolish all individual countries And American Presidents have remained loyal to that goal In 1992, President George Bush said ‘It 1s the sacred principles enshnned m the United Nations Charter to which the American people will henceforth pledge their allegiance ' Not, you will note, the American

flag
So, now we know where the United Nations came from
And, more mmportantly, we know that the United Nations was set up by

American bankers and the Commumst Party and its aim isto set up a world government This helps to explain the behaviour of the UN mm recent years All those individuals who thought that the UN was merely a kindly organisation set up to promote the sort of gentle world peace loved so much by Miss World contestants can think again

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Oh, and it 1s, of course, mmportant to remember that the World Heaith Organisation, the promoter of face masks and pseudo vaccines which are dangerous and don’t work, 1s a subsidiary of the Umted Nations

And now, to find out in more detail how we ended up in a nightmare world, read Part Three and I will explain exactly what has happened and why and who 1s responsible

But, before we get there, I have included a short interlude of Hhumination

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Part Two SHS RE c3 LELE

Interlude

T have collected the quotations which fallow during the last few years At first, I intended to sprinkle them throughout the text And then I thought I'd just leave them out But eventually, 1 decided to include them in a special section as a prelude to the next part of the book

‘The first thing that we ask of a writer 1s that he shan’t tell lies, that he shall say what he really thinks, what he really feels’ ~ George Orwell

'When you know the enemy’s plans, 1t will be easy to gam victory by means ofan appropniate response ’— Mryamoto Musashi

All warfareis based on deception To subdue the enemy without fighting 1s the acme of skill’ ~ Sun Tzu

Power isnotameans,itisanend The object of persecution 1s persecution The object of power is power '— George Orwell

‘The United Nations represents a potential threat of very great magnitude’ - Charles Lichtenstein (former US Ambassador to the United Nations)

‘The evidence is compelling that reconsideration of the world monetary system is overdue Therefore, national economies need monetary coordination mech anisms and that is why an integrated world economy needs a common mone- tary standard, whichis the best neutral inflationary coordinating device But,no national currency will do ~ only a world currency will work’ - President Ronald Reagan, 1983

‘Paper 1s likely to be abused, has been, 1s, and forever will be abused, in every country in which itis permitted - Thomas Jefferson, on fiat currencies

‘James Madison said ‘It 1s a universal truth that the loss of liberty at home 1s to be charged to the provisions against danger, real or pretended, fromabroad Fear of foreign peruis, Madison realised, can easily persuade a freedom-loving people to voluntanly part with liberties they would otherwise consider indispensable’ -Wilham] Watkins Jr

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‘Sometimes | wonder if the world 1s nin by smart people who are putting us on, or by rmbeciles who really mean it ’- Mark Twain

The first panacea for a mismanaged nation 1s inflation of the currency, the sec- ondis war Both bring atemporary prospenty, both bring a permanent ruin But both are the refuge of pohtical and economic opportumists '- Ernest Hemingway

‘Of course we can split genes The question ts can we not split genes '—Jean Paul Sartre

‘Give me four years to teach the children and the seed I have shown wiil never be uprooted ’-Vi Lenin

‘My Government 1s the world's leading purveyor of violence’ — Martin Luther King

(Politics) is all about sincenty If you can fake that, you've got it made’ - George Burns

‘News 1s what somebody somewhere wants to suppress, all the rest 1s advertis-

ing '— Lord Northelffe

'There 1s nosuch thing as society Thereis only the market.' - Margaret Thatcher

'Perceptions become reality' — Henry Kissinger (after Niccolo Machiavelli)

'When you have elminated the improbable, whatever remains, however um probable must be the truth ' - Sheriock Holmes via Arthur Conan Doyle

'Naturally, the common people don't want war, neither in Russia, nor in England, nor for that matter in Germany That1is understood But, after all, it 1s the leaders of the country who determine the pohcy and it 1s always a srmple matter to drag the people along, whether 1t 1s a democracy or a fascist dictatorship, or a parhament, or acommunist dictatorship Voice or no voice the people can always be brought tothe bidding of the leaders Thatis easy All you have to do is tell them they are being attacked and denounce the peacemakers for lack of patriotism and exposing the country to danger, 1t works the same mm any coun try' — Hermann Goerring

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'It was on the advice of Governor Rockefeller, who descnbed Mr Kissinger as 'the smartest guy available', that Mr Nixon chose him for his top advisor on foreign pohcy' - US News and World Report, 1971

'The history of the twentieth century can best be understood by coming to the reahsation that for the first me 1n the course of human events, the whole world has come under a single idea This dea, which goes by many names and under many guises, always ends up tn some form of collectivism, which crashes the lives and aspirations of individuals in its utopian quest for heaven on earth' - Donald McAlvany

'To parody the words of Winston Churchill, never have so many been manipulated so much by so few'— Aldous Huxley

'It 1s forbidden to kill, therefore all murderers are punished unless they kill in large numbers and to the sound of trumpets' - Voltaire

'Those who would give up essential hberty, to purchase a hittle temporary safety, deserve neither liberty nor safety' — Benjamin Franklin

'The people never give up their liberties but under some delusion' - Edmund Burke

If you do not fight for nght when you can easily win without bloodshed, 1f you will not fight when your victory will be sure and not too costly, you may come to the moment when you will have to fight with all the odds agaist you and only a precarious chance of survival There may be even a worse fight You may haveto fight when there 1s no hope of victory because itis better to perish than live as slaves' ~ Winston Churchill

‘With stupidity the Gods themselves struggle m vain '— Friedrich Schiller

‘The atmosphere of hatred in which controversy is conducted blinds people To admit that an opponent might be both honest and intelligent is felt to be intolerable‘ - George Orwell

'The world 1s governed by very different personages from what 1s rmagined by those who are not behind the scenes ’- Benyamun Disraeli

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‘Man’s dearest possession 1s hfe It1s given to him but once, and he must live it so as to feel no torturing regrets for wasted years, never know the burning shame of a mean and petty past, so live that, dying, he might say all my life, all my strength were given to the finest cause in all the world ~ the fight for the Liberation of Mankind’ - Nicolai Ostrovsky

‘Doctor, there is no place for an ll old woman or anill old man anywhere 1n this world —1f they lack money’— Andrew MacAlian

‘Truth lives on in the midst of deception’ - Friedrich Schiller

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Part Three: How things got the way they are

Introduction

In the introduction to his brilliantly researched book The Greenmg The Environmentalists’ Drive for Global Power, Larry Abraham {who wrote the book with Frankhn Sanders) explained that he had for 30 years observed and chromcled numerous onslaughts which were designed to reduce the sovereignty of the individual and transfer more power to our governments And he warned (and his book was published in 1993 so the warnings were made three decades ago) that the greatest surrender of I:berty in all human history was underway and that power was being transferred to a small group of people - the Establishment

Abraham pointed out that every one of the projects designed to take away our rights and give them to our governments was promoted as ‘necessary or ‘vital’ and that some were touted as ‘life-saving’

He explained that a well orgamsed minority somehow managed to create 'the appearance of popular support' for projects designed to ‘preserve the environ ment’ or ‘stop pollution’, and that the people behind these programmes were members of a small group

He quotes Arthur Selwyn Miller, a former Professor of Law at George Washington University who wrote 'Those who formally rule take their signals and

commands not from the electorate as a body, but from a second group of men (plus a few women) This group wuil be called the Establishment It exists even though that existence ts stoutly demed., It is one of the secrets of the American social order' And he added 'A second secret ts the fact that the existence of the Establishment ~ the ruling class ~ 1s not supposed to be discussed' I would add that most of the people involved in promoting the myth of chmate change are probably intellectually undersized and possibly climcally insane

Even thirty years ago the climate change campaigners were 'steamrolling alt opposition, silencing critics by a feigned moral and tntellectual superiority, and, in the process, transferring global wealth and power on an unprecedented scale'

Well-intentioned but misguided people, manipulated and tricked into believing carefully constructed hes, now protest about the environment, and instead of marching for peace (as happened 1n the 1960s) they are campaigning, with increasing venom, against man himself They fly around the world in their tens of thousands (without ever seetng the irony in what they are doing) to hsten to

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speeches from skilled manipulators who have arnved at the conference venue in their private jets They have been hed to repeatedly, and brainwashed into beheving that man-made climate change is our greatest enemy Anyone who dares to refer to the true science, and who questions the hes, must be attacked, dernonised, cancelled and silenced

The misguided thousands are told to say that there must be no debate because there 1s no doubt but in reahty there must be no debate because 1f there were a debate then it would quickly become very clear that the Emperor 1s naked and everything the public has been told about man-made climate change is a he Anyone who questions their myth and their lies, and who dares to argue that man-made clumate change is not a real threat, will be demomsed and dismissed as discredited

On the other hand, those who promote the myth are applauded and well-rewarded for their obedience (and stupidity)

Abrahams pointed out that the dedication of well-meaning people was being rmanipulated (with phony data) and that while endless bithons of dollars of pub lic money was being spent, fortunes were being made

Today, exactly the same hes are being told 1n the Americas, in Europe, 1n Asia and in Australasia Politicians and media commentators everywhere are sticking to the script they have been given and, unquestioningly, repeating every he they've been told to repeat Any politician who dares to step out of }ine 1s ammediately crushed

"What's happening in the 'environmental' movement 1s not a zero-sum game,' argued Abrahams thirty years ago 'There are winners and losers ona vast scale'

In this section of this book I will show how ruthless bankers and financiers

have, for many decades, systematically taken over all the world's institutions, and how they have deliberately and cold bloodedly used the mythical threat of climate change to begin a process which will, 1f not stopped, almost certainly lead to a totalttanan world government and the deaths of billions The conspira tors behind the chmate change myth want to control all natural resources They wanit all the power and allthe money And to achieve their aims they will destroy every aspect of human life that stands in their way they will destroy farmly hfe, culture, history, patriotism and rehgion They will destroy pnde, respect and caring because they see these as annoying and potentially expensive weak- nesses The leaders of this massive he, mamly based in the United States, claim that 'a policy for safeguarding the environment ts also a policy for safeguarding

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world peace' wh sire evn CELE! an endless (and
it 1s endless) S@ricu ws wuss eemacee sears aun es ae usiwars Of great wealth while at the same creating famine, starvation and genocide

Ironically, the conspirators frequently claim that their actions have helped eradicate war For example, they claim that the United Nations and the EU were both founded to stop war This ts patent nonsense The world has more wars now than ever before America has been at war almost constantly for 100 years Never before, in human history, have as many people been killed or injured in wars as were killed or injured in the 20th century

The bankers and their allies created the United Nations, an institution built on a fraud, to help them create a world government, and together with leftover Nazis they created the European Union, because they felt that regional powers would also lead them in that dxrection And then they hurned things along by creating the climate change myth, regarding it and the absurdity of 'net zero as effective weapons tn their war for total control

Finally, to hedge thetr bets, they continued with the war-making, inciting wars, deposing or kiiing unhelpful leaders and using loans and debts to enabie them to steal natural resources

We are witnessing the greatest crime in history and if we are going to do any- thing about it we have to recognise that time 1s running out

Meanwhile, in order to fight this deadly virus of fear and les, we need to follow the trmeline and see who our enemies are, how they have fought this war Only by doing this can we look at their strengths and ther weaknesses In this part of the book I'm going to deal with the most significant influencers who have shaped our thinking on climate change, population control and other vital Issues

I should point out, of course, that the dates I have selected were taken not

at random but as necessarily selective and representative of the clearly wisibie trend designed to take us towards a world government, using the pseudoscientific myth of climate change as the weapon with which to create fear, mass hysteria and compliance

1762
Jean Jacques Rousseau, a Swiss wnter and philosopher, published The Social Contract m 1762 It was Rousseau who first pointed out that as people had grown less dependent on nature so they had become more dependent upon each

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world peace’ while, at the same time, starting and prosecuting an endless (and it 1s endless) senes of wars which have resulted in the transfer of great wealth while at the same creating famine, starvation and genocide

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other - with this, mevitably, leading to aloss of freedom Today, we see this most vividly in the way that power cuts leave us helpless and strikers cause chaos In 'The Social Contract', Rousseau pointed out that 'man is born free, and ev-erywhere he is in chains' but then added that 'Those who think themselves the masters of others areindeed preater slaves than they' Rousseau was an advocate of the 'back to nature' theory that 1s now so widespread, Cunously, however, he is now pretty well forgotten though he did have an influence as a very early environmentalist

1798
This was the year when an English economst and vicar called Thomas Maithus created the notion that the earth could only hold so many people He warned that population growth had gone faster than food production and that better hyving conditions meant that families were able to have more children He also suggested that the increase in population was a result ofa higher birth rate Al his theories were quickly proved to be quite daft His first theory, that population growth would exceed food supply and cause starvation, has never been the case There 1s a great deal of starvation in the world today (in 2023) but that 1s not because there isn't enough food but because there 1s too much foodin some parts of the planet and not enough food in other parts His theory that better living standards would mean more children has been proved wrong too If anything, people usually tend to have smaller families as they grow wealtmer And his no tion that the population was increasing because of a higher birth rate was also proved wrong The population was increasing because more people were surviv-ing infancy and, therefore, living longer

Malthus's work led ta the eugenics movement which suggested that undesir-ables and mentally 11] folk should be stertlised to stop them breeding

During the Third Reich, eugenics became very popular with the Nazis and the 1dea was spread around the world guite successfully by a number of people For example, Margaret Sanger, a radical feminist and the founder of Planned Parenthood took the idea to America where she called for coercive sterilisation, mandatory segregation and rehabilitative concentration camps for all those she regarded as dysgemic In the 1970s, George Bush (later to become President George Bush) said that 'it 1s quite clear that one of the major challenges of the 1970s willbe tocurb the world's ferthty'

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Today, those who promote the idea that the world ts overpopulated (and that something must be done about it) are often nghtly labelled as racist — a label which it 1s as difficult to remove as it is to deny Its, I suspect, their insistence that the answer to the overpopulation problem hes with poor countries in Africa and Asia, rather than with billionaires with large farmles, that makes 1t easy for sensible observers to hnk the overpopulation argument with racism

There are many large holes mm the argument that the world 1s overpopulated and that there isn't enough food to go round So, for example it is well established that farmers use less than half of the Earth’s arable land and yet, despite that, global food production has consistently increased much faster than population growth Moreover, some of the most populated countnes on earth (such as the Netherlands) have nevertheless been traditional exporters of food.

Several food experts have suggested that the earth could easily support a population of 30-40 billion Colin Clark of Oxford concluded that the earth could supply an American style diet for over 35 billion and that if people ate a Japanese diet, the earth could feed over 100 billion Roger Revelle, the former director of

the Harvard Center for Population studies, estamated that the earth could provide 2,500 calories a day for 40 bilhon people — even if farmers were using less than a quarter of the available land

Finally, there 1s now a widely held belief that the problem 1s not that the earth ts too crowded but that there are too few young people around Many countaes (ancluding China and Japan) have tnied to encourage couples to have more children

1891
It was in 1891 that Cecil Rhodes, the man who first realised the extent of the mineral wealth in southern Africa {and who gave his name to a country),

founded an organisation called The Round Table Rhodes, who believed in the idea of a world government, also set upa fund for scholarships at Oxford University and many of the leading Americans for a century have been beneficiaries of that fund Bill Clinton was just one famous Rhodes Scholar The Round Table has steadily grown in influence over the years

1913
US income tax was enacted in 1913 but within a few years, oi! and mineral companies managed to free themselves from the onerous burden of paying taxes

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They did this largely because they qualified for something called a US depletion allowance — which 1s a tax deductible credit reflecting the value of the oil which has been taken out of the ground (Naturally none of this money goes to the countries from which the oil 1s actually being taken) In addition, oil cormpanies, like drug companies, manage to avoid paying tax by the use of foreign sub sidianes based in low or no tax countnes So, American oil companies took on from Saudi Arabia and then sold 1t to Panamamian or Liberian affiliates These affikates then sold the oil to distributors in the US or Europe, making sure that the price was high enough to ensure that the distributors didn’t have to pay much if any tax Liberia and Panama are tax free zones and both use the US dollay as then currencies so they are extremely convenient

1921
At the end of the Great War {later to be renamed World War I), American and

British delegates at Versailles (where the Middle East was divided up and shared out among America, Britain and the major oil companies) formed something called the Institute of International Affairs and in 1921, the Amencan branch of the Institute was created and named the Council on Foreign Relations (CFR) The Council's leadership and main influencers were bankers and lawyers acting for bankers For over a century now the CFR has been at the centre of American politics and most Secretanes of State, National Security Advisors, CIA Directors and UN Ambassadors have been members It has been usual, too, for chairmen of the Federal Reserve to be members of the CFR Other members have included leading bankers John Kenneth Galbraith and George F Kennan (both of whom we will meet later) were also members of the CFR It is the CFR not the two main political parties which controls the United States, and a fairly superficial scrutiny will show that The Republicans and the Democrats are actually members of the same party (The same thing 1s true of the UK where there 1s rarely, uf ever, any discernible policy difference between the three main political parties) In his book Power Shift, author Alvin Toffler describes the people who have the power imthe US as 'The Invisible Party' In the UK, by the way, the British version of the CFR is known as the Royal Institute for International Affairs

1930
The BIS was created in 1930 by the world's central banks, including the Federal Reserve Bank tn New York and the Bank of England in London The BIS was

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primanly the brainchild of Hjalmar Horace Greeley Schacht, the president of the German Reichsbank and the Naz: Mimster of Economics

Schacht set up the BIS because he knew that there was eventually going to be a war between Germany and other European countries The plan was that the BIS would enable the Nazis to maimtain channels of communication between Berlin and financial institutions around the world Schacht made sure that the BIS's charter emphastsed that the Bank would remain rmmune from censure or closure during war Moreover, Schacht was clever enough to disguise the BIS's main purpose by clatming that the BIS would help Germany provide the Alltes with financial reparations owed after Worid War I However, instead of money flowing from Germany to the Allies, it went in the other direction and was used to help Hitler build up a war chest for the coming conflict The Nazis were undoubtedly helped 1n this by the fact that the first presidents of the BIS, who were American, were easy to deal with (One of the first presidents of the BIS was an American called Leon Fraser who had been a tabloid journalist and who had little or no background 1n banking) The BIS, the central bank for central bankers,

quickly became the most important and powerful bank in the world
In March 1938, Hitier's armies moved into Austria, and one of the first things

the troops did was to steal the nation's gold and transport it to vaults controlled by the BIS More Nazi troops tned to do the same thing when they marched into Prague Nazi soldiers demanded that the directors of the Czech National Bank hand over Czechoslovakia's supply of gold — $48 million worth The directors rephed that they had already moved the gold to the BIS with instructions that it

be sent to the Bank of England Unfazed by this, the Nazis simply instructed the Czechs to tell the Bank of England to send the gold back to Switzerland The Governor of the Bank of England (a flamboyant and traitorous exhibitionist called Montagu Norman) made life easter for the Nazis by immediately authorising the BIS in Switzerland to take $48 million worth of gold from the Bank of Engiand's account and to put it straight into the German account so that 1t was immedi ately available for the Nazis to use By 1939, when the War began, the BIS had made many millions available to the Nazis

For decades, the Bank for International Settlements, then and now the most powerful bank in the world, has been so secretive that it is not even mentoned m most books about the Second World War Today, it is stall the central bank for the world's central banks butitis no exaggeration to say that without the BIS and

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IG Farben there would have been no Second World War And there would be no European Union

In 1940 an American, Thomas McKittrick, was appointed president of BIS as a replacement for Leon Fraser McKittrick was a lawyer and a friend of the Nazi party and he turned BIS into an armofthe Reichsbank Fluent in German, McKit

trick had previously worked for Lee, Higginson and Company and had made large loans to the Nazis There 1s no doubt that McKattrick's sympathies were with Germany Indeed, in 1940, during the War he went to Berlin and had a meeting at the Retchsbank with the Gestapo And the BIS under McKittrick continued to act as a middleman for stolen gold

By the start of World War II, the BIS was already controlled by Hitler McKit trick was the president of the Bank but the other directors cluded Hitler's econonucs adviser, Dr Walther Funk, Emu Puhl, a director of the Reichsbank, Hermann Schmitz, the head of the Nazi conglomerate known as IG Farben (the company which built the concentration camps and supplied the poison gas for the pas chambers) and Baron Kurt von Schroder, a banker and Gestapo officer

Throughout the War, the BIS accepted and stored looted gold and carned out foreign exchange deals on behalf of Hitler Much of the gold accepted by the BIS carne from the teeth and belongings of concentration camp victims Hitler's economics adviser, Walther Funk, worked with Heinrich Himmler {a leading Nazi and head ofthe 8S) toensure that gold from concentration camp victims was put into a special Reichsbank account Gold from jewels, spectacle frames, watches, cigarette cases and teeth was melted down into 20 kilogram bars and sent to Switzerland where it could be 'laundered' through the Swiss National Bank before being made avanlable ta the Nazis, via the BIS, as 'clean' gold McKittrick, who constantly provided the Rerchsbank with intelligence material, helped the Nazis take control of occupied countnies and their banks

Astonishingly, the Bank of England continued to cooperate with the BIS throughout the War, although the Bntish directors Sir Otto Niemeyer and Montagu Norman must have known that the BIS was effectively Hitler's mex-

haustible piggy bank Without the BIS's cooperation, the Nazis would have run out of money for arms and the Second World War would have probably never started or would have ended within a year or so at most In June 1940, $228 million worth of gold which the Belgian Government was trying to send to safety was intercepted by the BIS and redirected to the Reichsbank Moncy stolen from

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Holland also went via the BIS tothe Nazis Most of the money paid out by the BIS in dividends went to Hitler's Germany

In February 1942, two months after Pearl Harbour, the Retchsbank and the German and Itahan Governments decided that McKittrick should remain President of the BIS for the duration of the War In one Nazi document it was stated that 'McKittnck's opimons are safely known to us' The faith of the Nazis was well placed, for the BIS continued to provide gold for their use

Throughout the Second World War McKittrick travelled around Europe quite freely, on occasion bemg escorted by Himmler's special SS police force MckKittrick even went back to America for a meeting with the Federal Reserve Bank and then returned to Berlin where he reported to the Reichsbank

Not everyone ignored what was happening mm Switzerland In his book The Hidden Enemy pubhshed in 1943, Heinz Pol wrote 'The Bank for International Settlements in neutral Basel, Switzerland, has been, since 1941, almost entirely controlled by Axis representatives 'In 1943, Congressman Jerry Voorhis of California called for an investigation into the BIS, demanding to know why an American was the President of a bank which was being used by and for the Nazis Nothing happened Again, in early 1944, Congressman John F Coffee asked sim1lar questions He pointed out that the majority of the board of the BIS was made up of Nazi officials but that American money was being deposited inthe bank At an International Monetary Conference held at Bretton Woods in 1944, a Norwef1an economust called Willzam Keilhau called for the BIS to be dissolved and for there to be an investigation of the bank's books and records However, Keynes, an mfluential economist, said that the BIS should be allowed to continue until a new world bank and an international monetary fund could be set up. Amazingly, the argument for retaining the BIS was that the bank would help restore and rebuuid Germany at the end of the War It was argued that if the BIS were dissolved, the Germans would fear that their relahonship with Amenca mught not survive the end of the War

Nevertheless it was dectded by the Americans that the BIS should be hquidated Astonishingly, however, McKittrick simply refused to accept the decision He wrote to America and to Britain arguing that when the War ended the Alhes would have to pay huge sums of money for the rebuilding of Germany and that these would be best paid through the BIS When questioned about the gold which the Nazis had stolen, McKiattnck replied, apparently with a straight face, that it was being held1n the vaults of the Reichsbank so that it could be returned

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to its owners after the end of the War In May of 1944, McKittrick and his staff dealt with the $378 million m gold which the Naz: Government sent to Switzer land for use after the War By then the Nazts realised that they were losing the War and the gold (some of which had been stolen from the national banks of Austria, Belpium, Czechoslovakia and Holland and some of which had been

melted down from gold collected from jewellery spectacle frames and teeth of murdered prisoners in the concentration camps) was intended to be used by the Nazis after the end of the War McKittrick must have known this but he and the BIS were happy to deal with the stolen gold In 1948, the BIS was ordered to hand the looted gold over to the Alhes The amount handed over came to just $4 mullion

No one at the BIS ever admitted what had happened to the hundreds of millions in stolen gold which had been deposited there by the Nazis No one ever found the $374 million which was missing from the money sent for the use of the Nazis after the end of the War

There was ample evidence to show that McKitrick had willingly cooperated with the Nazis but after the War he was given important posts in America in cluding being made vice-president of the Chase National Bank (This was perhaps not surprising since during the War the Chase Bank in Paris had helped finance the Nazis)

After the end of the War, Karl Blessing, a Nazi who had controlled an army of slave labourers in Germany’s concentration camps, returned to the BIS and be came president of the Bundesbank Nevertheless, it was felt that someone from the BIS needed to be puntshed and so in 1945, Emil Puhl, who had been vice president of the Reichsbank and a director of the BIS, was one of the few civihan Nazts to be found guilty of war crimes Puhl had been responstble for moving Naz) gold during the War — knowing that much of the gold had come from prisoners in Germany’s various concentration camps Puhil was sentenced toa modest five years in prison but he appears to have served very httle of this and in 1950 he was invited by his friend Thomas McKittrick to visit America as his guest Puhl, a Nazi economist, director of the BIS and the Reichsbank had been McKittrick’s go between with the Nazis

The Americans and the British wanted the Bank for International Settlements to be dissolved after the end of the War but instead, 1t went from strength to strength In 1954, the European Coal and Steel Community (the forerunner of the European Union) asked the United States for a loan of $100 million In-

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evitably, the loan was arranged with the help of the BIS — the bank which had worked closely with the Nazis during World War II

Legally untouchable and existing outside all jurisdictions, the BIS was created to act as the central bank for central bankers It is disturbing to realise that the

BIS ts still the most powerful financial institution in the world though many politicians, economusts and bankers have never even heard of it

The BIS has been at the centre of financial events since the end of World War II

1941
In many ways, 1941 was the most significant year of the Second World War It was m 1941 that the Alles began to put time and effort into post war pian-ning Roosevelt produced his Four Freedoms in January 1941, and the Anglo American Atlantic Charter was published in that year It was also im that year (after the Japanese attack on Pearl Harbour ~ which actually came as no surprise to anyone) that Roosevelt produced his draft for the public Declaration of the United Nations Preparatory work was done by Alger Hiss who was acommunist and a Soviet spy as well being a member of the Council on Foreign Relations The document declared that the 26 states which had signed were fighting ‘to defend life, liberty, independence, and religious freedom and to preserve hurnan rights and justice in their own lands as in other lands’ The document was finally published on Ist January 1942 with the four great powers (the Umted States of America, the Umted Kingdom, the Soviet Union and China) Itsted first and 22 lesser states sted mn alphabetical order De Gaullist France was excluded from the list so as not to recognise it as a government

And thus was born the United Nations, and, ironically, the beginning of the end of hfe, kberty, independence and relipious freedom

The Umted States had refused to join the League of Nations after World War 1 because 1t wasn’t allowed to have veto power over decisions (the US has always refused to join any judicial, economic or diplomatic institution unless it has yeto power) and the US only agreed to join the UN on condition that it had the power of veto (And, of course, the US has veto power over the World Bank and the International Monetary Fund - which effectively means that Amenica controls these mmsttutions)

Because the US has veto power, the United Nations cannot pumsh Amenican war crimes (the use of Agent Orange in Vietnam or the use of depleted uranium

m Iraq and Afghanistan for example) and cannot punish Amentca for the theft of land, gold and resources or the breakang of promises (President Putin has de-scribed America as ‘non-agreement-capabie’)

Today, America creates sanctions agatnst other countries for no other reason than that the country being sanctioned has a policy which doesn’t match Amer-ican views So, for example, the US has troduced sanctions against Uganda be-cause it doesn't approve of Uganda's pohcy on lesbians and gays, etc

1943
It is generally thought that American helped Britain win the Second World War by providing ships, fuel, food and so on But things weren't quite that simple

The provision of arms and other help was a lend-lease scheme In 1943, President Truman said ‘If Bntam cannot pay us dollars for petroleum needed by her and cannot, by reason of a shipping shortage or other situation, procure the petroleurn she needs from the petroleum she controls in Asia, South America and the Dutch East Indies, consideration should be given as to whether she might not pay for the petroleum obtained from us by transfernng to us her ownership of an equivalent value of foreign petroleum reserves or of the English held secunties of the corporations having title to such reserves’

And thatis what happened
During the Second World War, the US opened up Britain and its Empire with

a ‘your money or your hfe’ offer —knowimg that Britain was desperately m need By 1945, the US claimed $20 Inllion from Brita — leaving Britain close to being bankrupt It seems that Amenican politicians {or at least some of them) have never been able to forget or forgive the fact that their country was once one of Britain's colonies

The US insisted that Britaan jorn the International Monetary Fund (on Amer-1ca's terms) and demanded access to Britain’s foreign markets The terms of the loan which had helped Britain dumnng the War stopped Bntain devaluing sterling until 1949, and that forced Britain’s balance of payments intodeficit Sterling became a satellite currency of the American dollar

What happened to Britain durimg and after the Second World War has happened to many other countnes around the world Loans are used to take control of assets and the bankers are the only winners

America was the big wmner m World War II, Germany did very well finan cially and Britain was the big loser

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1944
At the Bretton Woods Conference in 1944, two thoroughly evil financial organisations Were set up the World Bank and the International Monetary Fund, The two orgamisations were set up by a couple of deeply unpleasant men Harry Dexter White (a communist and almost certainly a Russtan spy) and John Maynard

Keynes {a Bntish economist who beheved that governments could and should spend money they didn’t have)

The first president of the World Bank was a Nazi lover called John McCloy In her book The Shocking History of the EU, Zina Cohen explains that McCloy was the banker who helped war criminals (who had made huge amounts of money out of concentration camp siave labour) to avoid unpleasantness at the end of the War McCloy also helped set up the United Nations and was, without a doubt, one of the nastiest villains of the 20th century

Both these organisations are based in Washington
The president of the World Bank is elected and somehow always manages to

be American As 1 write, the President of the World Bank is Ajay Banga who was previously head of Mastercard.

So that things don't look bad, the president of the IMF 1s not usually an American but that doesn’t make any difference to anything Both organisations are effectively controlled by and for American banks and financiers and whatever it might say tn their constitutions, their rea! aims are to ensure that really, horrible rich people get even ncher (for doing absolutely nothing of value) while poor people around the world (and poor and middle class people m Amenica and Europe) struggle, work hard, get poorer and die as soon as they have stopped doing useful work That's the plan and it’s working out very micely The World Bank is officially two banks (the International Bank for Reconstruction and Development and the International Development Association) and three other or

gamsations But the conglomerate 1s known as the World Bank
Since the World Bank was created, the US policy has been to secure foreign

markets for farmers and for industry Grains and meat have long been an essential part of the US trade balance and both are used as weapons 1n the fight for global supremacy US officials have led the World Bank to lend countries money for building ports, road building and other infrastructure and to pro mote the growing of crops such as palm oil, bananas, spices and rubber which don’t compete with US farm products Small farms go out of business as huge conglomerates take over the land And, of course, the countries producing these

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products have to nmport (usually from America) the essential food supphes they need Countnes are pushed to hire US engineers and construction compamies in order to produce these exports and they then see their earnings siphoned off with foreign owned companies (beholden to American banks) ending up with all the mcome Local taxpayers are expected to pay back the cost of the construction work demanded by the US and facilitated by the World Bank

The World Bank's policy of supporting large scale businesses (such as Monsanto-Bayer which is infamous for its policy of taking out patents on seeds which have been used by families for generations and thereby putting small farmers out of business) at the expense of small scale farmers has been widely enticised It is, however, supported by the US Agency for International Develop ment, the British, Dutch and Damish governments and the Gates Foundation

1947
The globalsts love creating new organisations designed to help create a world government They obviously feel that having lots of organtsations with the same aim means that their ambition will be more speedily fulfilled

In 1947, the World Federalist Assomation was farmed by a couple of members of the Council for Foreign Relations - Norman Cousins and James P Warburg (a member of the family which had helped set up America’s Federal Reserve System) The aim of the World Federalist Association is to turn the United Nations into a world government through a world court, a world mcome tax and an

mternational peace force (The Umted Nations describes tts army as a Peace keeping Force Not everyone would agree with this name UN troops helped a communist called Patrice Lumumba take over the Congo and slaughter innocent men, Wornen and children in hospitals in the early 1960s }

1949
NATO (the North Atlantic Treaty Organisation) was created in 1949 as a way to halt the spread of Soviet power in Europe Today, NATO is pretty well controlled by the United States, with the other members doing what they are told, America is the big rock star and the other countries in NATO are session musicians providing backing music NATO consists of dozens of commuttees and a huge military bureaucracy In 2022, NATO backed Ukrame in its fight with Russia and created (for pohtical reasons) a designer war Ukraine was not (and 1s not)

a member of NATO and there was no logical reason for NATO to be involved in

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the war In the spring and summer of 2023, 1t was announced that NATO would send depleted uranium shells and cluster bombs to Ukrame to be used 1n the war These actions turned all the leading politicians of the countries involved in NATO into war criminals

1954
It ts impossible to consider the plan for a world government without mentioning the Bilderbergers

I have been writing about the Bilderbergers for decades, and hike most other writers I've never been able to find out much about them Although taxpayers around the world always pay for their security, the Bilderbergers and the Biiderberger delegates all keep their meetings very secret And they naturaliy label as paranoid, and as conspiracy theonsts, anyone who suggests that there might be something ever so slightly suspicious about a bunch of politicians, bankers, officials, intelligence agents, war criminals (I can name at least one war criminal who has attended), media tycoons and industrialists holding regular secret meetings to discuss the future of the world Journalists who dare to try to find out what ts gomg on, what the meetings are about and the names of the participants quickly find the meaning of the ward 'secrecy' The CIA and MI5 could take lessons in secrecy from the Brlderbergers

You might think that having media tycoons at the Bilderberger meetings would mean that titbits of news might leak out occasionally But you'd be very naive to think that Consider this quote from Bilderberger David Rockefeller 'We are grateful to The Washington Post, the New York Times, Trme magazine and other great publications whose directors have attended our meetings and respected their promuse of discretion for almost forty years It would have been impossible for us to develop our plan for the world 1f we had been subject to the bnght lights of publicity dunng those years But the world 1s now more sophisticated and prepared to march towards a world government The super-national sovereignty of an intellectual ehte and worid bankers is surely preferable to the national auto-determination practised in past centuries'

Named after the hotel where the conspirators first met in May 1954 (the Hotel de Bilderberg in Holland) the group was created by Prince Bernhard of the Netherlands, a powerful Dutch businessman, a friend of the Rothschilds anda former Nazt SS storm trooper who descrtbed ms work for Hitler as a lot of fun and yet somehow managed to remain an eminent member of Dutch society after

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the end of World War Il Interestingly, Bernhard was a Naz: at the same time as Klaus Schwab's father Schwab, of course, 1s the founder of the World Economic Forum (The hnks between the Nazis and those who want a world government are never ending) No attempt has ever been made to hide the fact that the intention of the Bilderbergers is to create a World government or as it has also been described a ‘new world order’

(As an aside, the Oxford Dictionary of English describes a conspiracy as 2 secret plan for a group to do something unlawful Since the Bilderbergers are nothing if not secret, and since their plans do not have any legal authority but do impact on every citizen in the world, it is clear that the Bilderbergers are conspirators (This fact rather weakens the labelling of those who wnte about them as ‘conspiracy theorists’ The conspiracy 2s not a theory it 1s clearly a fact)

Much is discussed at Bilderberg meetings, many decisions about our future are reached and many plans are put into action There ts much discussion of the usual issues such as world government, climate change, China, Russia, Brexit and the weaponisation of soaal media The main aim 1s to create a one world government with one central currency and one bank and one army However, although the dectsions and the plans concern us all, the Bilderbergers insist on keeping all their deliberations quite secret Nevertheless itis sometimes possible to trace events back to their meetings For example, after ane meeting (which was attended by Henry Kissinger, the U.S President’s advisor on foreign affairs) President Nixon opened up trade with China and devalued the dollar Ponce Bernhard had previously boasted that one of the subjects of Bulderberger meet ings was to bring about ‘change in the world-role of the Umited States’ There may be some who find it surprising that the American media, usually intensely patriotic and defensive, did not seem to mind one whit that an anonymous group of power brokers was intent on changimg the world-role of the United States!

1959
The Council for Foragn Relations has controlled American foreign policy for many years In 1959 the CFR published this statement ‘The US must strive to buid a new international order which must respond to world aspirations for peace and for social and economic change’

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Itis generally beheved that the World Wide Web was created by an Enghshman, Tim Berners-Lee, but the internet was created some years before that

American milttary experts were worned that one Soviet missile could destroy America's entire telephone systern An alternative was clearly required and im 1962, a sctentist in America named JC R.Lickhder proposed that a network of computers be set up that could talk to one another even if the telephone system was destroyed In 1965, another scientist found a way to send information from one computer to another using 2 system called 'packet switching' In 1969, the first message was sent from one computer to another Each computer was the size of asmall house

During the 1970s, the network grew and by the end of the decade alarge num ber of computers were involved.

And then in 1991, Tim Bermers-Lee, who was working in Switzerland, intro duced the World Wide Web Instead of being used as a mauling system, the World Wide Web could be used to store information that anyone could retrieve So Berners-Lee created what we now think of as the 'internet'

And in 1992, Congress in the US, decided that the Web could be used for com- mercial purposes (For the record that was the year when | first had a presence on the internet.) America has effectively controlled the internet ever since then Without the imternet, it would have been impossible for the conspirators to de- velop effective social credit systerns or digital currencies

We are constantly encouraged to believe that the mternet has made the world a better place But hasit* It hastaken away our freedom and created new stresses and pressures for everyone Social media and social credit have taken us, with quiet certainty, towards the quiet death of the spirit And surely it was easier to find a workman, for example, when you could look up local tradesmen tn the telephone directory instead of having to plough through pages of misleading advertising and trying to decide which of the companies on the internet are gen umely offermng a local service

More importantly, the conspirators love the internet It gives them complete control It has removed all our privacy All the mayor internet companies (Micro- soft, Yahoo, Google, Facebook, YouTube, Skype, Apple, ete, etc) will give your data to whichever government asks forit Governments everywhere can see all your emails, chats, all your videos, all your pictures, all your contacts and all the websites you have visited This mtrusion began when Obama was President of the US (he gave government officials the mght to monitor compliance and

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obedience and initrated the basis of social credit schemes in the US) and it has gradually become more intense Governments claim that they have to look at what people are saying to help them deal with national emergencies such as the fake climate emergency which will always do very nicely, thank you, when any government department 1s looking for an excuse to do something intrusive Since May 2023, the Federal Reserve in the US has been able to track everything

you do with your money, and President Biden has been pushing for the IRS to be able to monitor everyone's bank accounts Today, governments all around the world have estabhshed blueprints for controlling all their citizens and they are going to centralise everything, control all payment systems and give themselves the power to control how you earn, save and spend your money All thanks tothe mternet (In Canada, Trudeau used the 1988 Emergencies Act to freeze 266 bank accounts belonging to Canadians who had donated money to help the truckers protesting about mandatory vaccinations Bank accounts of American citizens were frozen too.)

Without the internet there would be no social credit system The internet has,

indeed, been essential to the fraud thats the Great Reset Allowing and encouraging anonymous comments and reviews was always difficult to understand until you realtsed how essential these have been for breaking down society suppressing and demonising truth-tellers and destroying humamty Governments every where have used their intelligence services to dominate the internet Inthe US, the CIA has been domimant and 1n the UK the British army deployed its 77th Brigade to assist the security services MI5, Special Branch and GCHQ

None of the things that has happened in recent years could have happened without the internet and there ts no doubt that the mternet has become the most powerful weapon against the people and against freedom But things can pet worse, much worse If and when the authorities decide to msist that those using the internet have a digital licence to allow them access, the future will be bleak indeed for those denied sucha kcence They wall not be allowed to buy food or electricity In June 2023, I reported that shoppers who wanted to buy food at an Aldi ‘shop and go’ store had te download an app before they were allowed into the store Anyone without a smart phone and the Aldi app couldn’t even enter the store | wrote at the time that ‘If we allow Aldi to get away with this then our war with the conspirators 1s over We are well and truly inside the Great Reset Anyone who shops at Aldi is a collaborator — aiding and abetting the totahtanan conspirators who want to take over our lives’ But few people took any notice or

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recognised the problem or thought about the millions of mainly elderly citizens who don’t even own a smart phone Thousands love the convemence of their smart phones and their ubiquitous apps

Politictans, commentators and computer companies claim that the internet, smart phones and other developments have all improved life But that depends on how you define ‘improved’

Are children better off playing games on computer consoles or spending hours every day keeping their Facebook profiles up to date and worrying about thetr socral media ratings? Today’s children feel delight when they receive an approving tick after re-posting a message written by someone else Is that the new version of pride and self-satisfaction? (I have little doubt that the obsession with ratings on the internet 1s part of the plan to accustom us to a world in which we receive ratings for everything we do The step from social media to social credit

1s a Very small one)

Social media has become so powerful that many now censor themselves for fear of being the victim of an organised attack by the mob (or, rather, the small

number of woke collaborators who control somal media) and losing their jobs, ther money, their homes, and thei reputations There 1s no free speech and no debate Soctal media has created a world in which people in cliques spend much of their time hurkng abuse at one another The world has become a sertes of factions - communists masquerading as liberals, transgendered individuals and their enthusiasts demanding ever expanding nghts, gays demanding more of something, anything, black hves matter campaigners thinking up reasons to protest, pro-vaccine enthusiasts abusing those who question the safety and efficacy of vaccination programmes and so on

And with internet robots, Al and government agencies adding to the smorgasbord of abuse, itis hardly surprising that m every country in the world fear has become the plat du jour Mobile phones have, for many children, replaced frendships, family and schoolwork Young people no longer live thew hves in a natural way They appear selfish, entitled and demanding and they overshare because they are constantly performing. They live in dread of the thumbs down buttons, the anonymous abuse, the disapproval from those within or without thew tbe Social media sites offer fame and fortune to the tiny few, and destruc tion and despair to the many Dishonesty and hysteria are deliberately encour aged Loaded weapons in thew hands would do less harm than smart phones Facebook alone has three billion users (I've never even been aliowed onto the site

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for I was told that 1 was too dangerous to their community to be allowed to joi) The lockdowns, the socal distancing and the mask weanng regulations broke their spirit In countries around the world chnicai depression is now endemic among teenagers and undergraduates Fears are created and exaggerated on a datly basis Self-harm and suicide are endermec too Research shows that chil dren who spend a quarter of their walong hours staring at their smart phones (an average sort of level of obsession) do not develop mentally Mask weanng slowed development still further The combination of smart phones, lockdowns, social distanctng and masks has caused anxiety, depression and aggression Boys tend to watch violent video games and become aggressive Girls tend to watch fashion videos on TikTok and thew ambitions revolve around that and similar channels It 1s not surprising that at school they absorb the garbage they are fed about climate change and blame the coming catastrophe on ther elders Alt this is being micromanaged by the collaborators on behalf of the conspirators It is behaviour therapy designed to create anger and illness Schools now dish out iPads 1n preference to text books and exercise books, though there 1s as biga need for health warmings on 1Pads as there 1s for warnings on cigarette packets Such online legislation as exists 1s designed not to protect the mnocent and vulnerable and naive but to crush free speech and truth telling which 1s considered dangerous

The authorship of the Report from lron Mountain has always been Indden be hind the pseudonym ‘John Doe’ but there 1s no doubt that the Iron Mountain report is entirely genuine (The establishment and the mainstream media have long argued that it is fake, and controlled opposition who have infiltrated the alternative or independent media have, for obvious reasons, also tried to dismiss the Iron Mountam report) However, John Kenneth Galbraith, the Harvard econ-omust and a long-term member of the estabhshment confirmed that the report was genuine and admitted that he was involved in its preparation In the Iron Mountain Report, Galbraith and his colleagues explained that war, or the threat of war, was a good thing from the point of view of governments because it helped to convince the people of their nght to nue They also admitted that war allowed for more expenditure {on arms) and helped create a more stable pohtical structure

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And when they looked for a substitute for war (or, rather, an ‘add-on’) Gal-braith and his colleagues agreed that ‘the substitute unless 1t provides a be-hevable life-and-death threat it will not serve the socially organising function of war’

The writers of the Special Study Group {who produced the Iron Mountain Report) also noted that ‘Economic surrogates for war must meet two pmnci-pal entena They must be ‘wasteful’, in the common sense of the word, and they must operate outside the normal supply-demand system A corollary that should be obvious ts that the magnitude of the waste must be sufficient ta meet the needs of a particular society An economy as advanced and complex as our own requires the planned average destruction of not less than 10% of gross na-tional product '

The Special Study Group examined a number of substitutes for a traditional war and considered a war on poverty and 'the threat of an out-of-our world invasion threat’ and their report includes these words ‘It may be, for instance, that gross pollution of the environment can eventually replace the posstbihty of mass destruction by nuclear weapons as the principal apparent threat to the sur-vival of the species Poisoning of the air, and of the principa! sources of food and water supply 1s already well advanced, and at first glance would seem promising im this respect, it constitutes a threat that can be dealt with only through social organisation and political power But from present indications it will be a gener-ation to a generation and a half before environmental pollution, however severe, will be sufficiently menacing, on a global scale, to offer a possible basis for a solution '

In a section entitled ‘Substitutes for the Functions of War’ Galbraith and his colleagues concluded ‘However unlikely some of the possible alternate enemies we have mentioned may seem, we must emphasize that one must be found, of

credible quality and magnitude, if a transition to peace is ever to come about without social disintegration '

And they add ‘It is more probable, mm our judgement, that such a threat will

have to be invented, rather than developed’ and, im summary, note that 'what is involved here, im a sense, 1s the quest for Wilham James’ ‘moral equivalent of war’

Finally, the report’s author gave readers some background information He wrote ‘The general idea for this kind of study dates back at least to 1961 It

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started with some of the new people who came 1n with the Kennedy Admunistration, mostly, I think with McNamara, Bundy, and Rusk’

The enthusiasm for war (or some substitute) as a means of controlling the population has been espoused by other groups

In their book, IMumrnat: Agenda 21, Dean and Jill Henderson report that in

1909, the trustees of the Andrew Carnegie Foundation for International Peace concluded ‘There are no known means more efficient than war, assuming the objective is altering the life of an entire people How do we involve the United States in a war?

1968
The Club of Rome was founded tn 1969 It1s descnbed as a global think tank, and although itis without doubt global and doubtless a tank there doesn’t seem to be much ‘think’ tnvolved The club follows the thinking of Malthus, and produced a report entitled The Limits to Growth which dealt with the rapidly growing world population and the allegedly finite resource supplies

Members of the Club of Rome, who believe m sustainabibty and have links to the WEF, have clamed that the planet earth can only provide resources for one billion people, and so over six billion must die Representatives of the Chub have given many lectures and been given many awards for their work on overpopulation and climate change - both of which members seem to beheve are real problems

The Club of Rome has a stster organisation the Club of Madrid which, you will surpnised to hear, supports sustainability and giobal governance Members in clude Billi Clinton, Gordon Brown, a vast nurmber of other former presidents and prime ministers and UN Secretary General Antomo Guterres

1968
Reducing the world’s population had been a popular theme among the globalists for some years but it was in 1968 that the argument about the world being crowded first becarne a popular topic in the media That was when Paul Ehriich published his sensational book The Population Bombin which he warned that the world was vastly overpopulated Ehrlch had obtained a doctorate after studying parasitic mites and the book was onginally published by the Sierra Club with Ballantine Books

Ehriich was always happy to offer journalists a prediction or two

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In 1967, writing 1n a British magazine called New Scientist, Ehrlich warned that the ‘battle to feed humanity 1s over, and predicted that between 1970 and 1985, the world would undergo vast famines He recommended putting luxury taxes on baby foods and diapers in order to discourage people from having babies, and advocated tying food aid 1n developing countnes to population control

Ehrlich got masses of publicity and helped found Zero Population Growth which advocated legalised abortion, government supported birth control, tax incentives for smaller families and a limit of two children per family (as was mtroduced in China) He argued that if population growth were maintained at its then rate, there would be 60 million billion people on earth within 900 years — with 100 people for every square foot of land and sea surface His prediction took absolutely no account of famines, disease and soon He saidthatthe world’s population would continue to grow as long as the birth rate exceeded the death rate and offered two solutions finding a way to lower the birth rate or raising the death rate (through war, famine or pestilence)

Today, the conspirators still clanm that it is necessary to reduce the size of the global population, and governments everywhere claim they are concerned not Just by the size of their ageing populations but also by the overall size of their populations And so there are global plans to cut the overall world population down frorn its current figure of around eight bilhon to a much lower number The figure of 500 million (just half a billion) 1s widely quoted as the number of people that the earth can comfortably hold This rmphes somehow getting rid of seven and a half billion people All of this is based on a baseless tower of lies Planet earth 1s perfectly capable of providing more than enough food for eight, ten or twelve billion people or even more and although there are clearly pockets of overcrowding, it is difficult to accept that the world is over-crowded The certainty 1s that much of the food 1s in the wrong place at the wrong time (because of politics, greed and faulty logistics) and many people are aiso encouraged to crowd into huge cities when there would be plenty of room for them if they were allowed or encouraged to live in or around smaller communities

It seerns to me that the conspirators have two fundamental depopulation policies 'End global poverty by killing all the poor people’ and 'End disease by killing ail the sick’

Their whole cruel philosophy 1s actually based on a myth
As I pointed out earlier, 1t was Thomas Malthus who, in 1798, first suggested

that the world’s population was growing too large and that the Earth’s resources

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wouldn't be able to cope Gloomy, Malthus predicted starvation, misery and

war

But the evidence shows that Malthus was wrong The world population was two billion a century ago and today it 1s eight billton but the proportion of people living in abject poverty has fallen from 90% to 10%

The 1rony ts that of anythmeg, the problem 1s that the population 1s growing too slowly Population growth has slowed rapidly in the last half a century and in western countries in particular the percentage of elderly and dependent citizens has risen rapidly as a proportion of the total population

There are, in short, too few working age citizens around The result is that governments are mtroducing policies ruthlessly designed to kul off the elderly and the sick (in other words the 'dependent') And the situation is getting worse Governments and councils are committed to paying pensions that they cannot

possibly ever pay It is still not widely apprectated but pensions are not paid out of the taxes paid by those workers but by the taxes paid by the generation currently working This has never before caused serious problems but today's younger generation seems to have taken exception to the way things work and have developed an antipathy towards the elderly which I find rather sad

I first warned about this huge demographic problem in my book Health Scandal which was published in 1988 and recently republished

1969
In 1969, Dr Jose M R.Delgado published a book called Physical Control of the Mind Toward a Psychocivilised Society The book 1s as termfying as the title suggests but Delgado has become increasingly significant in recent years with his work enjoying something of a renaissance

This 1s what 1 wrote about his work in my book Paper Doctors 1n 1976
'In the 1950s, Dr Delgado of the Yale University School of Medicine showed

that two cats, normally quite fnendly, could be made to fight fiercely if elec trodes implanted in the brain were given impulses Even when it continually lost its fights, the smaller of the two cats continued to be aggressive when stimulated In one dramatic experiment, Dr Delgado wired a bull with electrodes and then planted himself m the middle of a bullang with a cape and a small radio transmitter The bull charged but was stopped by Dr Delgado pressing a button on his transmitter The bull screeched to a halt inches away from its target Dr Delgado has reported that 'Animals with implanted electrodes in them brains

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have been made to perform a vanety of responses with predictable reliability as if they were electronic toys under human control'

Similar experiments have been performed with human beings The patients selected had all proved dangerous and had shown that they had uncontrollable

tempers By electronic stunulation every patient was controlled More detailed accounts of these expermments can be read in Physical Control of the Mind by JMR Delgado’

Delgado claimed that it was possible to control human behaviour in a number of ways

By implanting electrodes deep in the brain of mental patients and preventing or provoking certain lands of behaviour by stimulating brain centres with tny electric charges

Implanting tiny tubes im the brain and releasing into them drugs which change the activity of brain centres and hence behaviour

Having a direct line of communication from a bratn toa computer and back to the brazn without having information pass through the sense organs

Delgado reported that it was possible to control behaviour secretly because there are no visible wires or electrodes. Day and night supervision 1s possible without even touching the individual

And thus was born, over 50 years ago, the idea of taking complete control the behaviour of human beings

1970
In April of 1970, US President Richard Nixon announced the first Earth Day and that same year he establsshed the Environmental Protection Agency

The then UN Secretary General, U Thant, was one of the first of many to offer a scaremongering prediction when he wrote that ‘For the first time in the history of mankind, there 1s ansing a crisis of worldwide proportions involving developed and developing countries ahke —-thecnsis of human environment it is becoming apparent that if current trends continue, the future of life on earth could be endangered’

Since Thant issued this warning, pretty much the same warning has been issued by every political leader every media commentator and a Swedish school pri

And in that same month 1n 1970, an article by George F Kennan appeared in the journal Foreign Affairs (the quarteriy publication of the Council on Foreign

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Relations) Kennan argued that the ‘war’ on pollution would have to be nterna-tional since ‘the ecology of the planet 1s not arranged in national compartments’ and that ‘since this 1s an area in which no sovereign government can make these determinations, some international authority must ultimately do so'

We were, in 1970, clearly heading towards some form of world government,

and Kennan, the father of the Cold War between the US and the USSR, suggested a multilateral treaty or conventon with an instrument of enforcement managed by ‘true international servants with ‘dedication to the work at hand

Sadly, Nixon's scheme was not regarded as a huge success for two decades after Earth Day had been founded, one of the originators, Dennis Hayes, commented that 'Twenty years after Earth Day, those of us who set out to change the world are poised on the threshold of utter failure ' And Ken Weiner, who was Jummy Carter’s Deputy Director of the Council for Environmental Quahty said ‘It has been said war is too important to be left to the generals Some are wondering if environmental quality is too mportant to be left to the environmentalists '

Not that this mattered much.
The seeds had been planted And we were moving steadily towards the Great

Reset

1971
By 1971, America was spending so much on its mihtary adventures that Nixon abandoned the hnk between gold and the US dollar Prior to this date, countries had been able to convert $35 worth of dollars mto an ounce of gold De-lnking dollar from the gold opened the way for dollar hegemony America became the world’s banker Amenica could print doliars all day long and use them to buy anything 1t wanted

The neohberals have, since then, used the dollar ruthiessly, buying land, mnerals, public mfrastructure, pubhc companies, housing and goods with money they produced without restriction

When America didn't need to hold enough gold to cover their dollars, the printing presses could run 24 hours a day And eventually, of course, the Federal Reserve didn’t even bother ta have money printed It just manufactured another few billion doHars out of thin air

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1971 was also the year when a Professor B FSkanner published a book called Beyond Freedom and Dignity (Dr Skanner’s work on the book was paid for with a $283,000 grant from the US Government's National Institute of Mental Health) Skinner, a soctal scientist, argued that if the world is to save any part of its resources for the future, it must reduce not only consumption but the number of consumers

The reviewer for Time magazine pointed out that Skanner’s message was that ‘we can no longer afford freedom, and so 1t must be replaced with control over man, his conduct and his culture This thesis, proposed notby a writer of science fiction but by a man of science raises the spectre of a 1984 Orweilian society that mught really come to pass’

Skmner attacked individual freedom and dignity and predicted that Western culture might be replaced with the more disciplined culture of the Soviet Union or China 'If you insist that individual nghts are the surmmum bonum' then the whole structure of society falls down'

The frighten:ng thing 1s that Skinner's arguments and predictions were (and are) taken 1mmensely senously And his work is now revered by the globahsts who want to reduce the world population by billions and to take total control of every aspect of our lives

1971
The World Economic Forum (pompously and arrogantly announced as 'Commut ted to Improving the State of the World') was set up in 1971 by a man called Klaus Schwab, though the organisation wasn't called that then When Schwab began what was to become the WEF he had an endowment of just 25,000 Swiss francs in a bank account

The first Davos meeting of what was then called the European Management Symposium, lasted two weeks and involved 450 participants, including chief ex ecutives and senior managers from top compamies and 50 faculty members from business schools

Things then moved quickly
The chairman of the second Davos meeting was supposed to be Herman] Abs

who had to cancel at the last minute but this link gives us a clear msight into the background of the WEF

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As Zima Cohen explaims m her book The Shocking History of the EU, Abs was a bank director who helped Hitler enormously by forcibly purchasing Jewish banks atlow pnces The money was then used to build the Nazi war machine

During the Second World War, Abs was a member of a secret group formed in 1943 and known as the Committee for Foreign Econorme Affarrs - a group of bankers and businessmen who met to discuss Germany's future after the end of the War

After the War, a friend of his, Charles Gunston of the Bank of England, asked Abs to help rebuild German banking - though Abs had been arrested as a war criminal and sentenced to death in his absence Gunston worked for the Bank of England as the manager of the German desk and was a semor official in the Bntish occupational authority after the War Gunston cared nothing about the atrocities perpetrated by the Nazis All he wanted to do was to help rebuild the German banks To this end he recruited Abs who was high on a list of Nazi officials wanted for war crimes Gunston protected Abs to help Germany rebuild its banking systern ready to continue Hitler's work Thanks to help from his friends at the Bank of England, Abs was not executed or even impnsoned, and by 1948, he was deputy head of the Reconstruction Loan Corporation and President of the Bank Deutsche Lander Unbehevably, it was then Abs who decided which Ger-

man companies should recetve the billions of doliars provided as Marshall Aid And for decades afterwards, Abs had a powerful role in Germany He was one of a number of former Nazis who helped create the orgamsation which became the European Union. (For more details of how the European Union was created please read The Shocking History of the EW' by Zina Cohen)

Until the mid-1990s, Abs was chairman of the Deutsche Bank and his Nazi background wasignored The Independent, a British newspaper, described Abs as the outstanding German banker of his ime and quietly ignored his work with IG Farben and Kontinentai-Ol, where he had knowimgly employed slave labour in the concentration camps Nor did they mention the money he had helped steal from Jewish people and banks. And this was the man Schwab asked to chair the second Davos meeting of his new organisation It has frequently been rumoured that Schwab's father was a Nazi who was an associate of Hitler but, of course, the fact checkers deny this

The honorary sponsor of the third Davos meeting 1n 1973 was Prince Bern hard of the Netherlands (a former Nazi and the founder of the Bilderberger meetings) and the Commission of the European Communities 'renewed its pa-

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tronage' An Italran industnalist dehvered a speech summansing The Limits of Growth, a book that had been commissioned by the Club of Rome and published in 1972 Participants drafted a code of ethics based on Klaus Schwab's stake-holder concept

It was clear early on that the WEF was very close to the European Commission ofthe EU with two meetings held at the European Commission in Brussels

Today, the WEF desertbes itself as a public terest not for profit orgamisation based in Switzerland [t has offices im New York (USA), San Francisco (USA), Tokyo (Japan), Mumbai (India) and Beyjing (China) In 2022 the WEF reported an meome of 383,000,000 Swiss francs in fees and other funding Out of this 130 mullion Swiss francs was spent on staff, with Schwab himself reportedly bemg paid more than $1,000,000 a year (plus, allegedly, rewards from associated com panies Around 252 mithon Swiss francs was spenton office and activity' (Itis interesting that many of those working with the consprrators in some way have become extraordinarily wealthy Tony Blatr, for example, was a modestly paid politician for most of his working hfe but is now a multitzmilhonaire The staff of environmental and green charities are often enormousiy well-paid and enjoy first class travel around the world) The WEF does not pay any federal taxes

An organisation which, just a dozen years ago was regarded as having no influence and was known merely as the organiser of an annual shindig where virtue signalling celebrities such as pop star Bono (famous to many for his tax avoidance schemes and hypocrisy) could rub shoulders with pohthaans and in dustnalists eager to be photographed with famous people, and which was not taken seriously by many people, 1s now one of the most powerful bodies 1n the world It has taken over from the far more secretive Bilderbergers as the face (and vorce) of the conspirators

Schwab himself was born in Germany in 1938 and acquired a variety of academic qualifications before founding the WEF 1n 1971 when he was just 33 years-old The WEF was originally called the European Management Forum but changed tts name to the rather grander and more ambitious World Economic Forum in 1987

Just prior to founding the European Management Forum, Schwab had been a member of the Managing Board of a medium sized Swiss manufacturing com pany with which his father appears to have been associated Today the WEF clams to have more than 600 employees but I would describe Schwab as (like

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Charles Ill and Tony Blair) as a fixer and a pimp for the conspirators None of them seems to me to be serious players

There ts no record on the WEF's website of how Schwab acquired the money to set up what 1s described (on its own website) as ‘the foremost global multi-stakeholder organisation’ nor 1s 1t clear how, within three years, his organisation had been able to invite political leaders from around the world to a conference in Davos

In 1971, the same year that he founded the forerunner of the WEF, Schwab wrote a book called Modern Enterprise Management in Mechanical Engineering (it seems unlikely that the royalties from this enabled him to found the WEF) There have been rumours that his mother was related to the Rothschild family and that his father was close to Adolf Hitler but both these suggestions have been dismissed by fact checkers (though we should remember that fact checkers claimed that the covid vaccine was effective and perfectly safe) In that early book, Schwab argued that the management of a modern enterprise must serve both the shareholders and the corporate stakeholders — with the stakeholders including employees, customers, government, creditors, iocal communities and financiers Schwab has worked with the United Nations for many decades and has advised various UN bodies on sustainable development issues Schwab has warned that there would be much anger in the world as the conspirators’ plans unfolded, and is best known for warning citizens everywhere ‘you will own nothing and be happy’

As an aside, it 1s curious, 1s 1t not, how the phrase ‘you will own nothing and be happy’, which is believed to have onginated with the Worid Economic Forum can be compared to the principles of the communist revolution as described im Karl Marx’s 'Communist Mantfesto’? Marx wrote that in order to establish a socialist dictatorship, and to obtain total control over the proletariat, the communists would have to eliminate ail rights to private property, destroy all re-lion, which Marx famously descnbed as ‘the opiate of the people’ and dissolve the family unit which was seen as a threat to the ability of the State to obtain total contral over people's lives (Today, under the Great Reset, traditional reb-gions will be replaced by a faith in nature as defined by the United Nations and promoted by the consortium of bankers who are managing the global economy Astonishingly, the leaders of traditional religions have accepted the change, and the Pope and the Archbishop of Canterbury seem happy to commit themselves

and their followers to the pseudoscience in preference to the traditional teach-

mings their rehgions have espoused. It doesn’t seem to matter to them that the science of chmate change 1s provably fake, they are wedded to, and happy to influence, the blasphemies promoted by the rabid environmentalists In 2023, a WEF advisor and establishment enthusiast called Yuval Noah Harari claimed that AI could create a new religion and a new bible, thereby making AI the new god This 1s, presumably, the proposed replacement for orthodox, tradihonal re-lhgnon We already know that Al will bnng an endless encyclopaedia of hes to the internet, now it seems, Al will also bring us a brand new fake rehgion)

Actually, as Gary Ailen and Larry Abraham point out in their excellent book None Dare Call It Conspiracy, which was pubhshedin 1971 the Cormmunist Man-ifesto was merely an update of the revolutionary plans proposed 70 years earher by Adam Weishaupt, the founder of the Order of IHumuinat: Today we can see the WEF, the Bilderbergers and the other conspirators following the recommen-dations made by Marx, and previously by the Order of IIluminati

Meetings of the WEF are held annually tn Davos and participants arrive from all over the world (many of them in private jets) to discuss the threat of climate change

Most dangerously, perhaps, the WEF has what it pompously calls a ‘Young Global Leaders Scheme’ which trains ruthless young men and women to be pup-pets ofthe cabal Many of the graduates get jobs in politics, the green movement, charity management and so on, and Schwab boasts that ‘graduates’ from what might by some be seen as a brainwashing programme can be found in high places everywhere The boast 1s justified and WEF followers can be found in many governments Sunak in the UK, Trudeauin Canada and Macron im France all have links to the WEF

The whole organisation reminds me very much of the Scientology cult though, as a replacement for the Bilderbergers and a promotional organisation for the European Umion and the United Nations, it 1s infinitely more dangerous and it has influence far greater than would seem justfied

1972
The 1970s were a bad time for freedom, and the first meeting of the Trilateral Commission was organised in New York at the estate of David Rockefeller All eight American representatives at the founding members were, unsurpnisingly, members of the Council on Foreign Relations, and the purpose of the Tnilat eral Commission was officially stated as bringing together representatives from

North Amenca, Western Europe and Japan to umprove the chances of a smooth and peaceful evolution of the globalsystem At least they didn’t hide the purpose

of the organisation

David Rockefeller first floated the idea of the Trilateral Commission at a meeting of the Bilderberg Group where it proved extremely popular

The formation of the Tnlateral Commission had been foreseen by Zbigniew Brzezinsk:, President Jummy Carter's National Secunty Chief who had argued that a world government would probably require two overlapping phases Part one would involve the United States, Western Europe and Japan forging a community with other advanced countries such as Israel, Mexico and Austraha Part two would extend the inks to communist nations

1972
The United Nations Educational, Scientific, and Cultural Organisation (UNESCO) setup the World Herttage Treaty in 1972 The WHT had a committee, of course, and listed procedures for hsting cultural 'heritage' sttes around the world The WHT called for cooperation with 'international and national governmental and non-governmental orgamsations (NGOs') As a result of this new orgamisation's formation, nations around the world suddenly reported that the official 'heritage' sites and local citizens were encouraged to believe that having an area designated a 'heritage site' was an honour to be cherished Huge areas of land were designated 'heritage' sites with, for example, almost half of New Zealand's South Island bering hsted as a world heritage site Huge tracts of land around the world are now so designated

Once a piece of land 1s hsted asa world heritage site, ail local farmers, ranchers and loggers can be excluded, and all development must be stopped with UNESCO effectively acquiring ownership rights

World hentage sites were set up as a first step towards re-wilding huge areas of the world

1974
In an article entitled The Hard Road to World Order which appeared in Foreign Affairs (the house journal of the very powerful Council of Foreign Relations) Richard Gardner wrote that '1f instant world government, (UN) Charter review and a greatly strengthened International! Court are not acceptable to the people, what hope for progress is there?'

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Gardner suggested the following ways to get nd of national sovereignty A reform of the international monetary system, a rewriting of the ground nules of international trade, subjecting all countries to international surveillance, a steady increase in the resources of agencies such as the World Bank, giving them more power over economic polictes, continued strengthening of the global and re gional authorities charged with protecting the world's environment, population policres designed to achieve zero population growth, a control of food supphes, a new international control of the world's oceans, new rules and institutions to regulate emerging communications technologtes, a limit ta conventional weapons and increasing use of UN forces to patrol and supervise

1976
You might be surprised to hear that re-wilding 1s not a new concept The World Wilderness Congress, which began in 1976 claims that it is the ‘longest running, public environmental forum to build awareness and support for wilderness’ They claim to have mitrated the process that led to the World Bank’s Global Environmental Faculty

When the Fourth World Wilderness Congress met in 1987, delegates were probably dehghted ta find that the Denver Declaration for Worldwide Conservation had been prepared for them The founder of the WWC announced that the declaration was the ‘new Magna Carta’

Within a few years, the American Congress had authorised spending over $1 bilhon a year on purchasing private taxpayers’ property — and locking 1t away so that no one could waste 1t by building homes, farms, shops, schools, hospitals or factories on it Injusteleven American states there were already 86 mullion acres of wilderness and 133 million more acres were already designated for inclusion

In Austraha and Brazil, areas of land designated as suitable to be classified as

‘wilderness’ were measured in square miles Over 12 billion acres of land was designated as wilderness areas

It Was at this Congress that 1t was revealed that United Nations agencies, aid agencies and private NGOs had put together a massive surveillance database called the ‘World Wilderness Inventory’ The database had been put together by the Sterra Club (a private organisation which was founded in 1892 and 1s described as an ‘environmental orgamsation’)

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Among those attending World Wilderness meetings have been David Rockefeller of Chase Manhattan bank and Baron Edmund de Rothschild of the Roth schild banking family

And, you won't be surprised to hear that a World Conservation Bank was proposed to act as an intermediary between developing countries and private banks Debts and loans would be cooked up and huge areas of land would be transferred to the World Conservation Bank In other words, the World Conservation Bank would buy loans from developing countries and those countries would collateralise their loans with areas of land which could be designated as wilderness If the debtor failed to meet their obligations, the WCB and its stockholders would end up owning vast areas of land together with the oul, mimerals and other goodies underneath the land

The world’s biggest and most powerful bankers, the Estabhshment pushing for the New World Order, had been generous enough to find a'green way totake ownership of 30% of the world’s uncultivated land mass So, to give just one example, Madagascar’s Government swapped thousands of acres of its own land for over $2 milhon worth of bad debt

How wonderfully kand and unselfish of the bankers
And how very simple
You just get a country into debt (by lending therm money they can't possibly

pay back) and then you allow them to swap the debt for huge quantities of land — preferably wild land with lots of valuable goodies hidden underneath the surface

Governments, NGOs, banks, Green pohtical parties on the fnnge of power and tax exernpt foundations had come together to enable very rich and powerful people to take ownership of vast areas of the world's landmass

Naturally, President Gorbachev of the USSR thought it a splendid idea The Soviet Union favours a substantive discussion of ways to settle the debt crisis at multilateral forums,' he said 'including consultations under the auspices of the United Nations, among heads of governments of debtor and creditor countnes '

Are you now beginning to see how everything fits together?
Oh, and you may or may not have guessed that the people proposing that vast

areas of land be classified as 'wilderness' (and not used for building or farming) just happen to be the same people who clam that the earth 1s vastly overpopulated

And there's something else

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Do you remember the film Goldjfinger 1n which the baddie (Mr Goldfinger) wanted to destroy the value of Amenca's gold so that the value of HIS gold would soar in Value? Well, you may see the similarity here with what the banks were planning Ifthey control wilderness areas which are rich tn. oil and minerals they don't have to do anything at a!l with the land to increase the value of their own holdings Its the Goldfinger principle By taking oil and minerals out of circutation the value of their own holdings wull rocket

1989
The New York Times (for many years a propaganda sheet for the globalists and conspirators) reported in 1989 that Margaret Thatcher (then the Brinsh Pnme Ministerjhad warned that global warming could cause devastating floods and food shortages, though there was no evidence (scientific or otherwise) for this prediction Mrs Thatcher called upon the United Nations to complete, by 1992, a treaty that would require action towards stabilising the world's climate and she told the General Assembly of the UN that the treaty should be supplemented by specific, binding agreements regulating the production of gases that trap heat in the atmosphere Mrs Thatcher added that the restrictions would have to be 'obligatory and their applications carefully monitored'

Mrs Thatcher was effectively repeating the strategy that had been outlined by George Kennan in an article which had appeared in the journal Foreign Affairs in 1970

There was no evidence for the clam in 1970, there was no evidence for the claim in 1989 and there is no evidence for the claam now

1990
The prediction that :t would take a generation to a generation and a half for environmental pollution to be a useful weapon with which to scare the pubhc appears to have been pretty accurate for m 1990, at a conference entitled ‘Globe ’90', the Seattle Post Intelhgencer reported that the former Norwegian pnme Minister Gro Harlem Brundtland had told the audience that ‘Environmental destruction 1s a ‘ticking time bomb’ that poses a more absolute threat to human survival than nuclear annihuation during the Cold War’

There was no evidence whatsoever for this absurd clam.

1991

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The USSR fell apart mn 1991 after America had won the Cold War The year before that the World Bank and the IMF had laid out a plan to force Russia’s leaders to Impose austerity on their people and to give away the nation’s assets President Gorbachev naively trusted the US Government and accepted America’s offer to help the Soviets privatise thetr economy so that money could be available to in vest in the country

President Bush promused Gorbachev that NATO would not move eastwards if Russia agreed to let East and West Germany integrate However, when Clinton became President he reneged on the deal, broke America’s promise and simply reminded Gorbachev that he didn’t have a deal in writing. (Michael Hudson, in his book Destiny of Civiltsation points out that breaking promises and treaties has been American policy since the nation's birth, ‘as shown by its dozens of broken treaties with Native Amencan tnbes in the 19th century down to its with drawal from the Joint Comprehensive Plan of Action with Iran in today’s world’)

The result of Gorbachev's action was that a favoured few Russian kleptocrats registered public assets 1n their own names, sold shares to foreign banks and became immensely rich overnight

America became angry when President Putin ended the giveaways, and treated Mikhail Khodorkovsky as a hero for accumulating a fortune of $15 billion by buying privatisation vouchers and helping himself to oi] reserves in Siberia, (Most of the other oligarchs moved to the West, bought huge properties, yachts and football clubs)

Western investors who were in the know made bilhons by mvestimg in the former public assets Gncluding, inevitably, oil compames) Naturally, they paid no taxes

Nationa! Secunty Advisor Brzezinski boasted that Russia had passed into de facto Western receivership’

Gorbachev, the darling of the West, who had overseen this massive give away, didn’t last long

And when President Putin was democratically elected and tried to stop the foreign investors from helping themselves to his country’s weaith (and then sending it abroad as dividends, interest and capital) the Americans were furious

While the Warsaw bloc countries were weakened by what had happened, the United States (and their pet NATO) expanded Officials rernforced their view that the US alone had the right to use nuclear weapons first and that the US alone had the right to use mulltary force unilaterally President Clinton’s administration

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announced that 1t no longer felt bound by the UN Charter prohibiting the threat oruse of force And the US announced that it had the sole right to use force to ensure ‘uninhibited access to key markets, energy supplies and strategic resources’

(Neither Clinton nor anyone else in the White House seemed interested in the fact that international law defines such behaviour as ‘appression’ and 'the supreme international come’ That, at least, was the view of the judges at Nuremberg.)

The result was a new Cold War with the US and its NATO allies ranged against China and Russia and any countries resisting the theft, by the US, of ther land and resources Everywhere NATO went it left behind huge numbers of bodies, destroyed towns andcountries with no future But every time NATO went some where, Amencan billionaire bankers got much richer

1991
The Trilateral Commission published a book entitled Beyond Interdependence The Meshing of the World’s Economy and the Earth’s Ecology by a Canadian called Jum MacNeill who was general secretary of the World Commission on Environment and Development (which was also known as the Brundtland Commission) The book warmed that the world was coming to an end and that there was a desperate need for a world government

MacNeill argued that it should be at the Rio Earth Summit 1n 1992 that the Establishment should take on the responsibility for the future of mankind

The foreword to the book was written by David Rockefeller who argued (with msider knowledge, of course) that ‘environmental issues are mghtly moving onto the central policy agenda and we all feel the need for a new synthesis’ (Sadly, there was no translation of what he meant in the book)

The introduction was written by Maurice Strong who had been executive secretary of the first eco-summut ‘The 1972 Stockholm Conference on Human Environment’ (If you are beginmng to feel dizzy at the existence of so many organisations with the same general, grandiose purpose you are not alone) Strong argued that decistons must be made that 'will hterally determine the fate of the earth’ and talked of an intermeshing of economic independence and ecological

independence and an intermeshing of the two (The one thing the ego warriors can do, other than hold up traffic and sprinkle coloured chalk dust in an un tating manner, 1s to create an impenetrable and mstantly forgettable phrase or sentence I feel bad about having to include so many of them 1n this book but if

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we are to follow the bits of bread 1n the forest we need to learn to read the runes See what I mean?)

What MacNeill was talking about (in the code of the time) was international central planning, a more equitable distribution of wealth, the end of national sovereipnty plobal control of resources, global central planning and a reduction inthe global population If you are beginning to think that this all sounds just a touch I1ke something Karl Marx nught have wntten then you are probably not alone In practice, there is little or no difference between modern environmentalismm, communism and, of course, fascism They are, in practical terms, identicaland interchangeable

MacNeill warned about overpopulation, global warming, deforestation, bio diversity, actd rain, nsing sea levels and overpopulation and also talked about sustatnable development and sustainable growth There was talk of the Earth Summit involving representatives of most governments, hundreds of major industries and thousands of non-governmental organisations - all of course, with axes which needed sharpening — and he talked of the need for environmental taxes, probably to be admumistered by the United Nations (Though the UN staff would probably remam untaxed)

MacNeill demanded an Earth Counei or World Environment and Development Forum to govern earth and look after the ordinary people who can no longer be trusted to have a say in how the world ts run

As usual, the only thing missing from this feast of rhetoric was the presence of any facts There were many warmings and much tub thumping but not a lot else

Sadly, Mr MacNeill is no longer with us though according to the Community Research Connections (which is, so it proudly says, a Sustainable Community Development) he was recipient of many honours, was Chairman of the World Bank’s Independent Inspection Panel and he was a member of far too many pan els and institutes and boards for me to hst here without your eyes glazing over Mr MacNeill is one of a new breed of professional advisors who travel the wortd, sitting on committees and panels and being well-paid to spread anxiety and incomprehensible solutions

Before and after this meeting, President Gorbachev of the USSR published proposals which bore an uncanny resemblance to the proposals which were pub hshed in Rio It's no surprise that as far as the West was concerned, Gorbachev was the most popular President of the USSR for many decades

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In The New York Times in December 1989, Gorbachev was reported to have spoken at the United Nations and said ‘International economy secunty 1s mconcewvable unless related not only to the world’s agreement but also the elumination of the threat to the world’s environment Let us also think about setting up within the frarnework of the United Nations acenter for emergency environ mental assistance’

1992
In Rio de Janetro in Brazil in 1992, the United Nations held a massive and now infamous shindig called UNCED which was designed to make environmentalism the world’s most important topic It was here that the UN’s Earth Charter was born and it was here that the UN revealed {to a no doubt excited audience) its plan for the future called Agenda 21 —- an 800-page detailed plan wntten to help the UN and its supporters take over the world and run everything in the name of ‘sustainable development’, with huge costs to be paid by unwitting and probably unwilling taxpayers everywhere

There was also a Global Warming Convention and a Biodiversity Convention The people at the UN (lke ail Greens) love treaties and conventions and declarations And they love committees and meetings ~ especially if the meetings are held somewhere pleasant and the expenses are paid by someone else (preferably taxpayers)

The participants at UNCED were largely collaborators working for the con spirators The conspirators themselves (the financiers and bankers who were behind the chmate change fraud) usually prefer to stay behind the scenes, just pulling strings as and when they feel 1t is appropriate or necessary

The plan was simple to form more international institutions of control, to get governments to sign treaties on global warming and to designate the national and international agencies ‘that will bear responsibility for the first phase of implementation, tentatively set for the last seven years of this century’ In other words the aim was to create instability and fear to unsettle the world’s citizens

It was generally agreed that the world wasn a pretty rotten state and that it was possibly either getting too hot or too cold and that whatever was happening was all the fault of people who needed to be pumished This meeting mm Ria was the culmination of the lron Mountain shindig held a generation and a half earher The Iron Mountain predictions were bang onthe button, though that wasn't much of a surprise

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With no hard evidence to support their position, the conspirators (and don't forget they founded the United Nations) chose climate change (and environmental problems in general) as a way to terrify populations everywhere, to excuse aperessive plans and to mobilise a growing army of collaborators who could be convinced to demonstrate and form action groups

Since the financiers and conspirators controlled the mamstream medza, it wasn't easy to manipulate the message being fed to viewers and readers everywhere around the world

Greedy megalomamacs had now forced governments everywhere to adopt long-range policies that were based more on science fiction than anything resembling real science Liberal intellectuals, teachers and lecturers absorbed what they were fed and became enthusiastic purveyors of misinformation to thew students

The myth of climate change became integrated into school and college curricula, And the myth was accompanied by the convemient belief that the ‘new’ problem could only be solved by a combination of kindly, caring governments and determined and commutted NGOs A new industry was born with bilhons of dollars to spend on propaganda Dozens of new foundations were founded, mostly led by key insiders and members of the establishment The Sierra Club, the World Wilderness Congress, the Centre for Earth Resource Analysis, the Heritage Trust, the Nature Conservancy, the World Wiidhfe Fund and so on control bilhons of dollars and are all involved in spreading the same message

There were plenty of hes and imaginative graphs and pie charts to excuse the plans forthe world But there was never any evidence

Any teacher who tells children that global warming 1s real 1s guilty of a crime of unimaginable proportions and unimaginable consequences This dangerous propaganda ts nothing more than an unpleasant branch of science fiction and1s destroying the hves of generations

It 1s, of course, impossible to prove that there isn’t any evidence to support the myth of chmate change (nee global warming) But nor is there any evidence to support the lies which are so freely shared And the most convincing proof that they are lying comes in the fact that climate change promoters will not debate thei claims

1993

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Every time there is famine, flood, wildfire or any sort of ‘natural’ problem, anywhere in the world, the chmate change cultists blame the weather More specifi cally and more significantly, they blame man-made climate change

But they are always lying
Let me illustrate how and why they are lying with this very short discussion

of what happened in Somalia in 1993, when the United Nations and the US Mihtary launched ‘Operation Restore Hope' to help a population officially devastated by drought, desertification and civil war

What was not widely reported was that Somalia's problems began in the

1980s Up until that tame, Somalia had been pretty much self-suffictent in food Then the IMF and the World Bank decided that Somaka needed help And, as Ronald Reagan once said, the most dangerous and frightening words 1n the world are ‘I’m from the government and I’m here to help’

The banks decided that Somahan agriculture needed reform and decided to help

Before anyone knew what was happening, Somalia had huge, unpayable debts to Washington based financial mstitutions - particularly the World Bank and the International Monetary Fund. Somaha had been helped into destruction.

Here's what really happened
First, Somalia was told that it needed a ‘structural adjustment programme’ Within a short time, Somalia became dependent upon imported grain andin

order to pay the bills for the imported grain the country had to borrow money The cheap imports with which Somaha was supplied by the kandly bankers

meant that local farmers couldn't make any money Fanning communities be-came impoverished

At the same tire the best agricultural land was appropnated by people with links to the Government This land was used for producing frunts, o1l seeds and

cotton which Amenca wanted.
The Somalran currency then collapsed and the pnce of 1mported matenats

rose
The World Bank decided that it could ‘help’ by insisting that farm ammals

should be vaccinated,
Naturally, the vaccines and the vets cost a good deal of money The World

Bank said that ‘vetennarian services are essential for hvestock development’ The Somahans had managed quite well without vaccines for a very long time (The vaceine ploy has been used widely for many years and is now universal in

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the US, the EU, the UK and elsewhere Farmers who do not have their animals vaccinated are not allowed to sell them Even pet owners are forced to have their annals regularly vaccrnated and micro-chipped.)

Water supplies were then taken over and privatised
The local farmers, nomadic herdsmen couldn't cope and were decimated The

World Bank thought this was a good thing because nomadic farmers in sub-Sa haran Afnca were viewed as a cause of environmental degradation

The Sornalians could then not afford the vets or the vaccines and the result was that Somalan cattle exports plummeted Their beef was not vaccinated and therefore not acceptable Instead of buying Somahan beef, their customers bought from supphers in Australian and the European Commumity

The Somalian Government was put under stnet controls by the IMF and tight budget targets were set by IMF ‘experts’

The banks then provided aid
Unfortunately, the help wasn’t provided as money or equipment but as food

The Government couldn’t give the food to the people but had to sell the foodin order to raise money to pay the foreign banks

The outside banks then took control of the country
The economic changes meant that health and education programmes col-

lapsed School enrolment collapsed, school buildings deteriorated, school materials could not be bought and then schools simply closed And thanks to the intervention from the banks, wages collapsed by about 90% The World Bank then took over the civil service Public expenditure was tightened

By 1989, Somaha had to find 194 6% of Its export earnings to cover its debts
The country was effectively owned by the US controlled banks

And when the people of Somalia started to starve to death because they weren't growing any food and couldn't afford to import any food, the US con trolled IMF and World Bank very kindly stepped in with more aid and more Ioans and more debt

Actually, of course, the money for those loans comes from Wall Street Banks
And it is the banks which hold the debts

Within less than a decade and a half the US controlled banks had effectively taken ownership of Somaha and all its resources

And naturally the owners of those banks, the conspirators who are pushing for a Great Reset and a World Government, blamed chmate change

Exactly the same thing has happened all over the world

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The American bankers use the power of the dollar and the world's agencies to explont and steal They overthrow any leaders who dare to stand up to them They used armed force (provided by the Amencan government) to install complrant dictators and then claim that the oligarchies they have created are evidence of westermised democracy They force foreign countries to keep their central bank savings in the form of loans to the US Treasury so that none of their ‘nvestments' costs them a penny

American neoltberals working with and for the banks have mastered the art of turning public enterprises and honest, simple utilities into interest paying financial vehicles And when they have created a large debt, they appropriate that country's land and resources and keep them for themselves The American taxpayers underwmite the threvery but it is the Amencan oligarchs who benefit And this has been going on since the 1980s Today, a tny number of Americans (bankers, financiers and property dealers) now possess more wealth than the whole of the middle class

The enthusiastic climate change nutters are merely aiding and abetting global genocide and the end of freedom and whatever remains of democracy

If you don't beheve that the US would do such things please do a little research of your own into precisely what happened in Somalha

Or, indeed, in any other country which has been allegedly devastated by ch-mate change

And take a look, for example, at the way the IMF forced Thailand and South Korea to allow more foreign ownership of their economies and how, as a result, American companies ended up owning key sectors in those countnes

1994
In 1994, the United Nations Framework Convention on Chmate Change came mto being with the aim of preventing 'dangerous' human interference with the chmate system (This 1s odd wordmg since there are currently numerous attempts being made to interfere with the climate So, for example, one enor-mously dangerous, even insane, plan is the one which involves spraying sub-stances into the air in order to stop the sun's rays hitting earth }

Today, most reputable scientists accept that manmade chmate change 1s a myth and that the whole chmate change movement 1s based on fraudulent evidence Back in 1994, there wasn't even any fake evidence available The UN created its Convention on Climate Change on little morethana whim 'The objec-

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tive was to stabilise greenhouse gas concentrations to enable economic devel-opment to proceed in a sustarnable manner'

Countries which were deemed to have contnbuted most to the alleged prob-lem were expected to reduce their emissions ta 1990 levels though there was never any screntific evidence that this was practical or even a good idea

The UNFCCC 1s one of three conventions brought into being at the Rio Earth Summut in 1992 (the other two were the UN Convention on Biological Diversity and the Convention to Combat Desertification) and the UN reports (1n its usual pompous and meaningless wey) that tt was 'in this context that the Jomt Liai-son Group was set up to boost cooperation among the three Conventions, with the ultimate arm of developing synergies in their activities on issues of mutual concern'

The United Nations does not hke to trouble itself with boring science or with dull evidence, and especially doesn't like to trouble itself with scientific facts, 1t prefers to concentrate on creating ‘conventions’, having very expenstve conferences and forming Laison groups The UN is all about laws and rhetoric and get ting other people to dothmegs

2005
New Zealand, Chile, Brune: and Stngapore created the Trans-Pacific Partnership in2005 The partnership was a mutual trade agreement

In 2008, the United States decided to take over the TPP and the Obama admin istration sponsored lobbyists to transform the TPP mnto an agreement designed to block the public regulation of health, the environment, or other pubhe interest problerns that might interfere with corporate profits ~ namely American corporate profits Once again, Obama protected the big international compamies and the bankers and punished the people who had been foolish enough to vote for him

Obama's bailouts made the crooks ever ncher and impovenshed still further the poor and the middle classes The destruction of the middle classes and the poor is a deliberate neoliberal policy, in the same way that the destruction of Third World economies is a deliberate policy

The American version of the TPP gave power to a new court (an Investor State Dispute Settlement court) which could stop governments from suing companies and investors who had caused damage Worse sull, ISDS tibunals could order governments to pay fines to foretgn companies which felt that pubhe regula-

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toons had impaired therr profits The tnbunals could order a government to pay a company any amount it liked, without hmit And so the new court made it possible for bankers and compantes to do what they liked to a country without any penalty Andifa bank or company felt that a country’s labour or safety regulations might damage its profits, it could sue the Government for loss of profits

So, for example, when an Ecuadonan court ordered the oul firm Chevron to pay $9 5 billionin damages for causing pollution, an ISDS tnbunal in The Hague overruled the Ecuadonan Supreme Court To make matters worse the ISDS fined Ecuador $18 billion, plus interest, for cancelling a joint exploration venture with the oil giant Occidental

Small countnes are regularly rumed by these lawsuits which often involve small sums of money for the globalists but huge sums of money for the countries involved

The US Chief Justice, John Roberts has satd that ISDS has the power to review any nation's laws and annul the actions of that country’s legislature, executive and judiciary

The ISDS tribunals (which make the judgements) consist of three pnvate sec

tor lawyers who may also be the lawyers acting for the companies which have brought the legal action So the three lawyers bring a lawstut and then decide who wins And then they decide how much money the country should pay, in dollars, for daring to violate American corporate rights

It is, by any definition, nothing more than a racket and just as bad, if not worse, than anythmg concerved by the Cosa Nostra

Bankers and companies can even sue for what they claim are potential future

profits
All this sounds hke something out of a bizarre piece of fiction But itisn't It's

all true
Oh, and one other thing all this pro-Amencan legislation (much of it dealt

with in secret) means that consumers have absolutely no way of knowing whether the food which they eat has been genetically modified, grown with hormones, treated with chemicals or anything else

The conspirators behind all this can do what they damned well like And no one can stop them

And it is worth remembening that these laws were mtroduced by the Obama Administration which was ruthlessly pro corporate And nothing has changed In 2021, President-elect Joe Biden wrote in Foreign Affairs magazine that his

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mecomung 'foreign policy agenda will place the United States at the head of the table"

Thanks to the neoliberals all rnternational law is now drawn up by corporate lobbyists employed by the conspirators working towards the Great Reset

2007
The American housing bubble and subsequent financial collapse, didn't happen by accident, Banks deliberately pushed house prices to unsustainable levels and, in order to find a constant stream of 'greater fools' to keep buying overpriced properties, the banks offered 100% loans with no down payment Hundreds of thousands of dollars were loaned to what were calied NINJA buyers —they had no mcome, no job and no assets Mortgages were mven to unemployed black and Hispanic munonty borrowers who had no way of paying back the interest When the inevitable happened, President Obama {a long established 'insidet') refused to prosecute the banks who falsified income statements and provided false property appraisals Instead Obama bailed out the big banks with taxpayers' money - thereby making the bankers at the big stitutions a great deal mcher The bankers used the huge loans they were given not to help their customers but to pay themselves huge and utterly unjustifiable bonuses The losers were the millions of famihes and individuals who had trusted the banks Many of them went

bankrupt as their homes were taken from them Homeownership fell as private equity companies set up by financiers bought foreclosed properties at distressed prices and then rented them out at huge profits None of this could have hap pened without Obama, who was rewarding his Wall Street campaign contnbutors The home owners were not allowed to have their mortgages written down to the ‘distressed sale’ prices Only the banks benefited from the bailouts The black and Hispanics who lost everything had been the major supporters of Obama in the Presidential elections The 2007 8 housing collapse was a class war with ractal and ethnic overtones And Obama, the man millions had trusted, had shown himself to be on the side of the rich, white, mostly Jewish bankers In his autobrography A Promised Land (for which he received a huge advance payment) Obama sard he worried that ‘stretching the definition of criminal statues to prosecute banking executives’ would have ‘required a violence to the social order’ Michael Hudson, the author of Destiny of Crvilisation points out that ‘The refusal of President Obama and his Department of Justice to prosecute show the degree to which the distinction between rent-seeking and outright fraud and

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financial crrme has been thoroughly erased by Wall Street's regulatory capture not only of the Federal Reserve and Treasury but of the Executive Branch of government itself’

It is worth pointing out that there appears to be a revolving door between the big banks and the American Government with numerous individuals frequently moving to and fro without there apparently being any thought that this mmght be mn some way compromising Actually, of course, symular revolving doors connect the big American banks, particularly Goldman Sachs, and other Governments The British Government has for some years appeared to be an outpost of Goldman Sachs

The resulting depression which Obama created meant that the economy shrank and public sector budgets collapsed Government at local, state and federal levels had to cut back social spending and cut pension commitment In order to cut costs and raise money, government at all three levels sold public land and natural resources as well as basic infrastructure in order to pay back money owed to the banks Interest rates fell to zero or thereabout foranyone who had savings but banks and credit card compames charged thigh interest rates with the average credit card owner paying 29% interest Workers were squeezed by the rising cost of their debts And after the junk mortgage crash, the Federal Reserve created trillions of dollars (out of nothing) to bail out the banks that had bad loans The banks didn’t use the money to help their customers but they used the money to give themselves huge bonuses to celebrate their failure

The financtal troubles that had started im Amenca (thanks entirely to Pres dent Obama and the neoliberals) quickly spread around the world and in order to ‘help’ struggling countnes, the IMF introduced austerity programmes In countries every where, governments were given ‘loans’ and local taxpayers had to pay them back Wages, hymg standards and currency values all fell The American banks used the power of the dollar to ensure that they continued to make huge amounts of money

2011
In 2011, the US, Britain and France launched a NATO attack on Libya They captured, tortured and iniled Colonel Gaddafi and then destroyed Libya The country's gold reserves were stolen and the US Secretary of State, Hillary Clinton, gave Libya's arms to ISIS fighters so that they could attack Syma and Lrag

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The arm was to prevent those countnes from using their own oil to develop and grow stronger

NATO attacked Libya because Colonel Gaddafi wanted to seek independence from America's control of Libyan ot] He wanted to use his country's onl to develop a proper educational systern and a national social-welfare system. More dangerously for the US he wanted to create a gold backed African currency, throw out Amencan multary bases and obtain loans for construction from China instead of the World Bank Libya had the highest standard of living in Africa and Gaddafi was sharing the revenue from ol sales with the country's citizens

All that was more than enough to enrage the globalists who could see their power and influence waning and their control of the oul, and the money, disap pearing

And so Gaddafi was demonised and killed and his country 'captured', sacked and left im ruins Today, thanks ta America tn general and Hillary Clinton in particular, Libya 1s a wild country where slaves are sold in open air markets

2017
President Trump insisted in 2017, and then again in 2018, that the US hada right to take oil from Iraq and from Syria The reason, he said, was that the oil would be payment for the cost of America having attacked those countries In 2020, Tump repeated that America had the nght to take the natural resources of any country that it attacked, as compensation forthe cost of the attack -— with ab solutely no reparations

America also attacked Venezuela, attempting (and failing) to depose President Maduro, and then persuading its NATO allies to impose sanctions on the country to disrupt the country's economy When Venezuela wanted to use its gold to pay for food and medicine which the people needed, Bntain (which was holding the country's reserves at the Bank of England and which had consistently sided with America in imposing sanctions on Venezuela) simply seized the gold and heid it until the American government decided who to make President of the country In a quite extraordinary judgement, a British high court judge said thatit would be ulegal to give Venezuela's gold to the elected President Maduro because the British Government didn't recognise him and wanted to make his political nval the President

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Much the same thing has happened almost everywhere in the world where there are supphes of oil, gas or valuable minerals And itis these offensive actions, conducted by neohberais fighting against democracy and freedom, which explain why America has been continuously at war since the 1940s and has attacked, interfered with or invaded over 200 countries since the end of the

Second World War Neohberals see democratic laws as intruding on ther hberty, and neoliberals do not beheve in holding corporations hable for the damage that they cause The trigger, of course, has often been oil and gas

Today, o1l and gas still remaim vital for aimost all human activities and America likes to keep control of the supply And so, America put sanctions on European compamies which were helping to bwild Russia's Nord Stream 2 gas pipeline Germany offered to build port facilities to import US Liquefied natural gas (at higher prices) but America still wasn't satisfied The US was determined to stop the Nord Stream 2 pipeline and, therefore, to ensure that Europe had to buy American gas

The war between Russta and Ukraine provided the US with a convenient opportunity to blow up the pipeline so that American ou and gas compames would once again control the supply of gas to Europe The mainstream media claim that Russia blew up tts own pipeline (when if it had wanted to stop the flow of gas all it had todo was turn off the tap) but itis generally understood outside the mainstream media that the Americans blew up the pipeline in order to preserve then own massively profitable sale of gas to European countnes — even though this meant that European consumers had to pay vastly inflated pnees for the heating, their fuel and, ultimately, theirfood The mgh costs of fuet in Europein 2022 and onwards were a direct result of American, not Russian, actions

In the UK, the Government has punished its own electors by umilaterally 1mposing special taxes and conditons on oil and gas compames working the North Sea This was allegedly done to help Britain reach net zero as quickly as possible

The evidence shows conclusively that neohberals run the world, which 1s now controlled by a new breed of individuals who have managed to meld communism and fascism with self-interest

2018
It was in 2018 that a young Swedish girl called Greta Thunberg first began to attract publicity for her views on global warming It seemed to me then (and seems even more so now) that she had simply been selected as a promotional tool by

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the conspirators Itis difficult for truth-telers to attack a young girl (particularly one with a form of autism) who seems to believe in her message And itis obvi ously difficult for crities to argue with a girl, however rude she might be, when she appears to have some sort of mental illness For the conspirators, Greta also had the advantage of being quite small and unhkely to grow too tall too quickly The one certainty in my mind 1s that Greta's mse to international fame didn't happen by accident or without a great deal of planning Sadly, Greta Thunberg's

claims have caused much needless anxiety and despair among children around the world

A short book entitled Greta’s Homework by Zina Cohen analyses and destroys the nonsense of chmate change

2020
The 1dea of the 15 minute erty (or, as it is also called, the 20 minute city) first really came to global prominence in 2020 when the socialist mayor of Pans announced a plan to introduce the concept to the French capital

The idea of the 15 minute city 1s that all daily necessities such as accommoda tion, food, shops, work, education, health care and leisure can be found within an area where everyone can get everywhere (on foot or by bicycle} within 15 minutes

Within months, cities and towns all] over the world were announcing that they would become 15 minute cities and that motorised traffic would be stnictly controlled or even banned. Residents m 15 minute cities were told that they would only be allowed out of their area on a limited number of days a year Road blocks, either manned or equipped with barriers would ensure that citizens obeyed the laws, and a plethora of CCTV cameras would help maintain diseipline and ensure obedience

It was claimed that the 15 (or 20) minute cites would help cut down travel and would, therefore, help deal with the maginary threat of chmate change

According to a report from ‘ARUP C40 Cities and University of Leeds’ entitled The Future of Urban Consumption, the 'arnbitious’ target for the year 2030 is for individuals to eat no meat and no dairy produce and to have no household food waste And the ‘ambitious’ target for the year 2030 1s for each individual to purchase only three new clothing items per year 1 wonder how many people realise that these targets have been proposed and what the consequences will be for industry (both manufacturing and retail) What about growing children and

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shimmers? Do they have to wait a year for a new pair of trousers? [f you buy a shit, a dress and a sock do you have to wait until the following year to buy the other sock?

Oh, and the plan is that there will no private vehicles whatsoever and individuals will be allowed one short haul return flight (less than 1500 km) every three

years Laptops and similar electronic devices will be expected to last seven years Good luck with that

None of this proposal was decided democratically None of this was put to the yote I'd like to think that no one takes this stuff senously but I know they do This ts the future that is planned for us

2020-2023
Early in 2020, governments around the world claimed that humans everywhere were threatened by a new version of the plague I dealt with this fake threat in a book called Coming Apocalypse which was published in April 2020- just weeks after the fake scare had begun (I dealt with the fake pandernic and its consequences in a series of books which are hsted m the bibliography at the back of this book)

Dunng 2020, 2021 and 2022 and 2023, I repeatedly challenged the proponents of the covid-19 vaccine to debate the vacctne's qualities in public I had published evidence warning that the so-called vaccine cold cause heart attacks, blood clots, myocarditis and rmmune system problems 1n the autumn of 2020 — before the vaccine roll out began. | explained that I would prove that the vaccine did not do what it was said to do, that it was incredibly dangerous and would be responsible for more deaths than would be saved

Absurd figures were released suggesting that the covid-19 vaccine' had saved millions of lives but no one ever attempted to provide any evidence to support this wild conjecture [have been writing and broadcasting about vaccmes probably longer than anyone alive but no one would debate with me | am not surprised Whenever it is considered inconvenient, which 1s most of the time, the truth must be suppressed and the truth-tellers must be oppressed and silenced

Although they have never been shown to be safe nor effective, and what evidence 1s available shows that they do far more harm than good (my book Any one who tells you vaccines are safe and effective is bing here's the proof contams shocking statistical evidence about heavily promoted vaccines such as those for

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polio and smallpox) vaccination programmes are promoted heavily for a number of reasons they can be used to force compliance, they make huge amounts of money for the pharmaceutical tndustry, they can be used to cull populations, they can be used to tnduce infertility 1n future generations and they enable governments to 'prove' that they are caring people, deeply concerned for the welfare ofthe public

It 1s no exaggerahon to say that, throughout the world, vaccinahon programmes have been weapontsed' Vaccines are not treatments, they are methods of control and destruction

(As an aside, itis worth mentioning that vaccines, like other drugs, are often promoted on the basis of experrments performed on animals However, such expertments are entirely worthless and are used because, not 1m spite of, the fact that they are misleading There are two reasons why animal experiments should be abandoned First, such expertments are notoriously unreliable and give misleading results more than they provide useful results If you don't know which experiments are misleading then all experiments are worthless Second, the drugs industry itself will dismiss unfavourable results on the basis that ammais are so different to humans that tests done on animals are utterly unreliable My

book Betrayal of Trust contains the names and details of fifty pharmaceutical products which are known to cause serious problems when given to animals but which were approved for human use on the grounds that animal experiments are worthless And yet new products, such as vaccines, are given approval at least partly on the basis that anumal experiments were conducted)

When the BBC in the UK founded a special umt called Venfy to act as a sort of fact checking unit, I challenged the entire Verify Team to a hve television debate about covid-19 and the covid-19 'vaccine'

Naturally, I heard nothing

Exactly the same thing that had happened in 2007 8, happened again in 2020-2022 dunng the fake covid pandemic

The pattern has now become quite simple and straightforward. It is the same basic pohcy that the Americans used to destroy Russia (and help themselves to all the money) after the debacle of 1991

As local economies are forced to collapse and fall into recession, politicians and bankers move in. Aided and abetted by the LMF and the World Bank, they offer loans at usurious interest rates and take over planning rules, land owner ship and valuable resources

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The result of the 2020 2023 fake pandemic was that the American banks and financiers got much mcher and the rest of the world (especially hard-worlong, decent people) got much poorer

And, of course, the take-over of the world by the unscrupulous and greedy banking elite has spread into all areas of life

So, for example, small farms and small businesses everywhere are being shut down permanently as government aid and support goes to the huge, often crooked international corporations who have hundreds of lobbyists and can afford to pay bribes to keep politicians happy (When I say 'bribes' what I re-ally mean, of course, is that large companies and bankers pay out huge sums in campaign contributions And when politicians retire they variably recerve huge book advance payments that everyone knows will never be paid back out of royalties Oh, and pohticians are regularly paid vastly inflated fees for speaking engagements)

During the fake covid pandemic of 2020 (I have used government figures to prove that the official claims were fake and these are available on my websites and in my videos) pohticians m just about every country seemed to make the same 'mistakes' at almost exactly the same time - introducing lockdowns, mask wearing, social distancing and vaccination programmes which all did infinitely more harm than good Politicians now claim that they were merely acting on 'best advice' and that if they made mistakes then the mistakes were made in good faith But none of those things were mistakes Despite the appearances

nothing happened as a result of mcompetence, everything happened by design If politicians were merely incompetent it would be reasonable to assume that occastonally they would get things mght but they never do Seemingly inexplicable and indefenstble domestic and foreign policies in countries around the world were a result of careful planning, overseen by conspirators and put into action by enthusiastic, well-rewarded collaborators Itis absolutely no comcidence that every new government makes the same mistakes as 1ts predecessors And it 1s no accident that every new national and local government asks the people what they want and then ignores the answers

2023

In 2023, the World Health Organisation made it clear that they plan to force everyone on earth to accept a barrage of vaccinations —to be yabbed with a whole

sequence of jabs which don't do what they are supposed to do but which do hill people, make them infertile and create new illnesses

The World Health Organisatton’s refreshed plan for global dorminance via the needle was slipped out quietly while the mainstream media remains obsessed with the trivial activities of a bunch of Z lst celebrities and minor royals and, oc

castonally, with the latestin a sertes of designer wars created by American conspirators and ther fnends in NATO

There are people around who still don’t reahse this but the World Health Organisation 1s the terrorst wing of the United Nations, and for the last three years it has spread lies and fear with relentless enthusiasm The WHO's jobs to terrify the public and adapt the truth to suit the needs of the conspirators pushing for global power and a world government

The WHO 1s an essential weapon in the UNs armoury It has nothing whatso ever to do with health but ss a plain and stmple terrorist group and a vital part of the global conspiracy which 1s taking us remorselessly intothe New World Order and dragping us down into the Great Reset

The WHO 1s planning to bung a dangerous and unnecessary programme of compulsory vaccinations -all untested and dangerous Disingenuous as always, they and their jack-booted collaborators will say, of course, that the vaccinations aren’t compulsory and that 1f you don’t want to buy food or electricity, have a bank account, keep a job or leave your home, you won't need a vaccination certificate Of course if you do want to buy food and electncity have ajob, leave your home and generally stay alrve then you'll need all your jabs but as the loathsome Trudeau would probabiy say they won’t be compulsory

They think we're all stupid and the tragedy is that they're nearly right most people are stupid and most people will accept everything they're told by the WHO - an organisation now infamous forits Links with the vaccme hobbyist Bill Gates —a man with close hnks with the cuddly tno of the BBC, The Guardian and

Jeffrey Epstein

In March 2020, over three years ago, I warned that they would introduce compulsory vaccinations If you listen carefully you can still hear the sniggers and the abuse I received at the time Totalitanan regimes have always introduced compulsory vaccination programmes - though they've never before been planned globally and they've always failed 1 also warned about digital money and the rest of the plan

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Today, there 1s no need for any additional evidence proving that vaccines don’t do what they are supposed to do and aren't safe My book Anyone who tells you vaccines are safe and effective ts lymg is packed with information proving that vaccine programmes aren’t safe or effective And in the autumn of 2020, I recorded a series of free videos detailing exactly what problems the covid-19 jab would cause I warned about the heart problems, the clots and the myocarditis months before those problems appeared and before the jabs roll out programme Meanwhile, of course, mainstream media propaganda outfits were telling everyone that the vaccine was safe and effective

The official figures prove that my warnings - the best part of three years ago — were absolutely accurate The Government figures also show that there never was a pandemic and the remarketed over-promoted flu was just a pretty standard flu The so-called vaccine, however, is one of the most toxic pharmaceutical products in history - making thalidomide look good, The sensible folk who said NO to the toxic jab are today the healthiest people left on earth

There 1s now no doubt the covid jab is a killer, fake vaccine — useless but far

more dangerous than depleted uranium shells or cluster bombs Like bombs, rockets and bullets its only conceivable purpose 1s to lal people

The evidence showtng that the over-promoted, over-sold covid-19 jab is the most dangerous pharmaceutical product ever used 1s denied only by fools or shills for the conspirators and the drug industry I have repeatedly warned that the covid jab can and does cause or exacerbate a huge range of serous health problems — mcluding heart disease, clotting problems and cancer And as | warned two and a half years ago the immune system problems caused by the ‘vaccine’ are deadly

The evidence suggesting that the covid vacerne ts toxic is overwhelming and should be banned is constantly growing Any other product known to cause such severe problems would have been taken off the market a long hme ago

A review of 325 autopsies on patents who died after covid vaccination showed that 74% of the deaths were caused by the covid vaccine The nine emment authors of the relevant medical paper found that the organ systems most likely to be involved in covid jab deaths were cardiovascular system, haematological system and respiratory system The mean time between vaccination to death was 14 3 days A total of 240 deaths out of the 325 deaths were mdepen-

dently adjudicated as directly due to or significantly contributed to by covid 19 vaccinations '

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The nine authors concluded ‘The consistency seen among cases in this review with known covid 19 vaccine adverse effects, their mechanisms and related excess deaths, coupled with autopsy confirmation and physician-led death adjudication, suggests there is a high likelihood of causal hnk between covid-19 vaccines and death in most cases Further urgent investigation 1s required for the purpose of clanfying our findings'

Then there was the paper which appeared in the British Journal of General Practice recently winch showed that 'enlargement of axillary, supraclavicular or cervical lymph nodes following vaccination with covid-19 mRNA vaccines 1s more frequent than initially reported, with a rate reaching up to 16% following the second dose of the Moderna mRNA vaccine' The paper also reported that a few cases of lymphoma were reported in the literature

The authors warned that doctors 1n charge of patients with post vaccination lymphadenopathy should be reminded to consider the possibility of an underlying or corncidental mahgnant disorder

The truth, of course, is that there aren't enough doctors around to check fully

16% of all the patients who have a second dose of that vaccine
The covid jab ts causing one problem after another And the problems are ig-

nored or suppressed by the medical estabhshment
The covid-19 jab is responsible for a surge in type 1 diabetes among children

and teenagers A survey of 38,000 young people (reported in the Journal of the American Medical Association) showed that the mse 1s substantial Overtwo years ago, | warned that this would happen I warned that the covid 19 jab would push up blood sugar levels. The epidemic of type 1 diabetes is caused by the covid 19 vaccine And the drug companies will now get ever ncher selling treatments for diseases the drug companies caused

Everywhere you look there Is evidence proving that the covid jab was a hiler
In less than two and a half years nearly 2,000 healthy athletes have had heart attacks or sudden serious health problems — with over 1,300 of them dying

And yet the medical establishment, bought with drug company money, still refuses even to contemplate the idea that the deaths may be caused by their beloved vaccine They daren't admit that the medical profession is responsible for thousands of unnecessary deaths because they're terrified of the inevitable lawsuits not to mention the professional embarrassment

Doctors who gave the covid jab without properly assessing the dangers are going to be on the wrong end of the world's most expensive class action lawsuit

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But the vaccines have not been withdrawn No one in the drug companies or the medical establishment is issuing grovelling apologies

Instead, as has happened for over three years now, the doctors who are expas-ing the dangers of the covid-19 jab are being harassed, banned and censored

Any doctor who still prves the covid jab 1s a dangerous fool who should be struck off the medical register for life and arrested immediately for attempted murder

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Summary SFIS RE EDI CELE!

Look back and 1t 1s clear that America has now been at war with the rest of the world for around 100 years The designer or proxy war against Russia, taking place in Ukraime, followed, almost seamlessly, after the disastrous and damaging war in Afghamistan which was a disaster to start with, a disaster throughout and a disaster at the end Huge numbers of Afghans and Amencans died for ab-solutely no reason and billions of dollars were wasted As usual, no one has ever been sacked or held accountable

It seems that for the Americans, or rather their political leaders, peace is now just a memory, not even available as an interlude between wars which have be-come a never-ending opportunity to spend more money on bombs, rockets and depleted uranium shells

Since the end of World War II, Amenca has created seermmngly endless wars artificially based on race, ethnicity, gender, religion or a drive for ‘democracy’, but really about acquiring money, power and control of resources America has become a pirate nation (In the 1990s I wrote two books about Amencan adven-tures One was called Rogue Natron and the other was called Global! Buily) None of those wars was fought to defend American hves or property, all were fought to give the conspirators greater power and more money All of those wars ended up costing Americans many hives and a great deal of money, all involved the trans-fer of money from citizens everywhere to the bank accounts and trust funds of the conspirators

NATO and the CIA have been destabilising countnies all over the world for more than half a century ~ paying for terronst help whenever it has seerned useful and appropriate They have, for example, destabilised much of Europe, with the result that atlases and history books are out of date almost before they are printed. One minute one jeader in one country will be in favour and then,

suddenly favours will move to another leader in another country Groups of dissidents are encouraged, financed and armed if they promise to build a better financial relationship with America

It was always inevitable that we would head straight for World War III, ammediately after Russia was forced to mvade Ukraine, previously descnbed as one of the most corrupt countries on earth Ukrame, remember, has persecuted Chns hans with a relentlessness that would have aroused screams of outrage a few years ago and has an army whose soldiers delight in wearing Nazi insignia.

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America needs to attack and suppress both China and Russia The conspirators have chosen to target Russia first but there 1s no doubt the militant conspurators in the United States plan to start a war with China

We are being mampulated and controlled by a cabal of well-known politicians and billionaires and taken into a totalitarzan society, with fear being the main dnving force The significance of fear 1n our lives can never be underestimated

While writing thts short book I was sitting in a cafe reading a volume of work by Petrarch and found these lines from Virgil in a piece by him entitled The Ascent of Mount Ventoux

‘Blessed the man whois skilled to understand
The hidden cause of things, who beneath his feet
All fear casts, and death’s relentless doom,
And the howlmegs of greedy Acheron
If the real history of the 20th century and beyond 1s ever written (something

which I arm beginning to doubt) then Obama and the Clintons and their fellow neoliberals will be remembered as the world’s most evil terrorists

It 1s surprising, is 1t not, how many Presidents and Prime Ministers (such as Blair et al) began their terms of office with very little money in the bank, spent therr years in office earmng quite modest salaries (supported in the case of Biden with money paid into his account from Ukraine and China) and then, shortly after the conclusion of thetr term of office, become immensely nch

The money paid to these former Presidents and Prime Ministers is usually handed over as massive advances for autobiographtes that virtually no one will ever want to read or as extraordinarily high speaking fees for making speeches that virtually no one will ever want to listen to The two Clintons were, between them, paid millions of dollars for their memoirs When they were being 1nvestigated over corruption charges neither of them could remember anything

The fees pard out to the conspirators and the coliaborators are, of course, payments for services rendered while the individual was in office And the main service rendered has been the creation of fear and the steady progress towards the Great Reset, the New World Order and a world government

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Part Four: Here’s what you can do

The conspirators are taking us into the Great Reset through their control of the mainstream media and much of the mternet - and they have an army of collaborators, bots and secret service operatives working on thew behalf In the UK, a special brigade of the British Army ts employed in spreading misinformation and suppressing the truth And GCHQ, the UK’s spy agency, has been busy suppressing honest, science based comments on the internet if, for exam ple, the authors of those comments ask questions about the covid-19 ‘vaccine’ Even guahfied doctors with sohd evidence to share have been suppressed and censored I wonder how many of those soldiers and spies realise that they are working against their own country and their own countrymen and women -the very people who are paying their wages In America both the CIA and the FBI have mterfered with the freedom of truth-tellers to share vital information

But there are more of us than there are of them and if we are to win then we have to doit by spreading the truth

Please buy and give away copies of this book or lend your copy to others to read Please don’t worry that I'm doing this to getrich Since early 2020 my reputation and income have been utterly destroyed and we have put most of our tame into sharing the truth The pnice of this book has been kept as low as we are allowed to make it If we make any money from the sale of this book (which is unlikely) we will use it to buy more copies and spread them around

The problern, of course, is that most people don’t want to know the truth They have been thoroughly brainwashed and they would rather just watch the TV soaps, play with their recycling boxes and find new apps to download onto ther smart phones But we need to persuade more people to open their eyes and to educate themselves in the interests of self-preservation We need to have at least 5% of the population on our side 1f we are to survive, and everyone in that 5% needs to refuse to accept a digital currency or a digital passport and needs to refuse to carry a smart phone full of officially approved apps

So, here's what you can do
Buy copies of this book and give them to everyone you know | have kept the

royalty level as low as possible and I promise that, if I do earn anything from this book, every penny earned will be spent on buying and distributing copies to journaltsts, influencers, ete (I have to buy copies from Amazon just like you do.)

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Appendix 1: A short bibliography

lread hundreds of books, thousands of articles and watched a great many videos

m the research, preparation and writing of this book Below I have hsted a few of the books | found most useful

1984 by George Orwell
A Bigger Problem than Climate Change by Vernon Coleman
Acry from the Far Middle by PJ O'Rourke
Agenda 21 by Ron Taylor
Animal Farm by George Orwell
BBC Brainwashing Britain by David Sedgwick
Behind the Green Mask UN Agenda 21 by Rosa Koire
Black water The nse of the world's most powerful mercenary army by Jeremy Scahill
Blackwater the mse of the world's most powerful mercenary army by Jeremy Scahill
Blind Eye to Murder by Tom Bower
Bloodless Revolution by Vernon Coleman
Brave New World by Aldous Huxley
Chmategate, The Maryyuana Conspiracy, Project Blue Beam by the Dot Connector Library
Coming Apocalypse by Vernon Coleman
Covid-19 Exposing the Lies by Vernon Coleman
Covid 19 The Fraud Continues by Vernon Coleman
Covid 19 The Greatest Hoax in History by Vernon Coleman
Dangerous Ideas by Eric Berkowitz
Destiny of Crviltsation Finance Capitalism, Industrial Capitalisrn or Socialism by Michael Hudson
Dirty Wars The worlds a battlefield by Jeremy Scahill
Dirty Wars The worlds a battlefield by Jeremy Scahull
Dynastic America and those who own it by Henry H Klein
Endgame by Vernon Coleman
Essays on Free Knowledge The Ongins of Wikipedia and the New Politics of Knowledge by Larry Sanger
Everything 1s Going to Get Worse by Vernon Coleman

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Fifteen Decisive Battles of the World by Sir Edward Creasy
Fog Facts by Larry Beinhart
Greta's Homework by Zina Cohen
Hidden Dangers How governments, telecom and electric power utilities suppress the truth about the known hazards of electro-magnetic field (EMF) radiation by Captain Jerry G Flynn
Hidden Persuaders by Vance Packard
Illuminati Agenda 21 by Dean and Jill Henderson
Living in a Fascist Country by Vernon Coleman
Love among the Ruins by Evelyn Waugh
Nobody Knows Anything by Robert Monarty
None Dare Cali it Conspiracy by Gary Allen with Larry Abraham
Notes on Nationalism by George Orwell
OFPIS by Vernon Coleman

Orwell on Truth by George Orwell
Parhament of Whores by PJ.C'Rourke
Politics and the Enghsh Language by George Orwell
Powershift by Alvin Toffler
Presstitutes Embedded in the Pay of the CIA by Udo Ulfkotte
Say NO to the New World Order by Gary Allen
Scrence, Liberty and Peace by Aldous Huxley
Scrap the BBC by Richard D.North
Shaping the Future of the Fourth Industrial Revolution A Guide to Building a Better World by Klaus Schwab
Social Media Nightmare on Your Street by Vernon Coleman
Sold Out by James Richards
Stuffed! By Vernon Coleman
Technocracy The Hard Road to World Order by Patnck M Wood
The Art of War by Sun Tzu
The Collapse of Antiquity by Michael Hudson
The Creature from Jekyll Island A Second Look at the Federal Reserve by G Edward Gniffin
The Dark Side of Camelot -Seymour Hersh
The Death of Money by James Rickards
The Fourth and Richest Reich by Edwin Hartnch
The Globalisation of Poverty and the New World Order by Michel Chossudovsky

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The Greening by Larry Abraham
The Greening of America by Charles A.Reick
The Hidden Enemy The German Threazt to Post-War Peace by Heinz Pol
The Lessons of History by Will and Anel Durant
The Limits of State Action by Wilhelm von Humboldt
The Man Versus the State by Herbert Spencer
The New Germany and the Old Nazis byT H Tetens
The Octopus Europetn the grip of organised crime by Brian Freemantie
The Press by A J Liebling
The Revolt of the Masses by Jose Ortega y Gasset
The Rockefeller File by Gary Allen
The Shocking History of the EU by Zima Cohen
The Social Contract by Rousseau
The Social Credit System in China by Anonymous
The Tainted Source The Undemocratic Origins of the European Idea by John Laughland
The Tycoons How Andrew Carnegie, John D Rockefeller, Jay Gould and J P Morgan invented the Amencan supereconomy by Chartes R Morris
They want your money and your life by Vernon Coleman
Tower of Basel The Shadowy History of the Secret Bank that Runs the World by Adam Lebor
Trading with the Enemy by Charles Higham
Tragedy & Hope by Carroll Quigley
Unmasked Inside Antifa's Radical Plan to Destroy Democracy by Andy Ngo
US-Imposed Post 9/11Mushm Holocaust and Muslim Genocide by Gideon Maxwell Polya

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Appendix 2: Author biography

Sunday Times bestselling author Vernon Coleman qualified as a doctor in 1970 and has worked both in hospitals and as a principal in general practice Vernon Coleman is a multi-million selling author and since 1975, he has wntten over 100 books which have sold over three million copies in the UK, been 1n best-seller lists around the world and been translated into 26 languages Several of his books have been on the bestseller hsts and in the UK paperback editions of his books have been published by Pan, Penguin, Corgi, Arrow, Century, RKP, Mandarin and Star among many others His books have been adapted for television, radio and the cinema and senaitsed im newspapers around the world and his novel ‘Mrs Caldicot’s Cabbage War’ was turned into a successful, award winning movie He has appeared on Top Gear (the motoring programme), written for a DIY magazine and contributed to a cookery video He has presented numerous programmes on television and radio, mecluding several senes based on his best-selling book Bodypower winch was voted one of the 100 most popular books by British readers

Vernon Coleman has written columns for the Daily Star, Sun, Sunday Express, Planet on Sunday and The People (resigning from the latter when the editor refused to publish a column questioning the morality and legality of invading Iraq) and many other publications and has contnbuted over 5,000 articles, columnns and reviews to 100 leading British publications including Daily Telegraph, Sunday Telegraph, Guardian, Observer, Sunday Times, Daily Mail, Mai on Sunday, Daily Express, Woman, Woman's Own, Punch and Spectator His columns and articles have also appeared in hundreds of leading magazines and newspapers throughout the rest of the world. He edited the Bntish Chnical Journal and the European Medical Journal and for twenty years he wrote a column which was syndicated to over 40 leading regional newspapers in the UK and to papers ali around the world. Local health officials were often so irritated by the column that they paid doctors to wnte competing columns without charge Fortunately, with a few exceptions, this made httle difference to the success of the column

In the UK, Vernon Coleman was the TV AM doctor on breakfast TV and when hecommented that fatty food had killed more people than Hitler, he wasn’t fired until several weeks after a large food lobbyist had threatened to puil all its advertising He was the first networked television Agony Aunt, working on the BBC

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Many mulhons consulted his Telephone Doctor advice lines and for six years he wrote a monthly newsletter which had subscribers 1n 17 countnies.

In recent years Vernon has been banned from all mainstream media because his views are often at variance with those of the medical estabhshment Since March 2020, the ban has been extended to include most of the internet and he 1s currently banned using or even accessing YouTube because the videos he made

contained uncomfortable truths He made over 300 videos which have all been censored or banned He was refused admittance to Facebook, being told that he would be 'a threat to the Facebook community', expelled from LinkedIn (with no reason given) and banned from all social media For over 30 years he has had a website (www vernoncoleman.com) and right from the start the site has been visited regularly by representatives of the CIA, the FBI and by members of armed forces around the world

Vernon Coleman has a medical degree, and an honorary science doctorate He has worked for the Open University in the UK and was an honorary Professor of Holistic Medical Sciences at the Open International University based in Sr Lanka. He worked as a general practitioner for ten years (resigning from the NHS after being fined for refusing to divulge confidential information about his patients to State bureaucrats) and has organised numerous campaigns both for people and for animals He can ride a bicycle and swim, though not at the same time He likes animals, cricket (before they started painting slogans on the grass), cycling, cafes and collecting cigarette cards Vernon Coleman is a biblio phile and has a brary larger than most towns He used to enjoy cricket when it was played as a sport by gentlemen and loves log fires and making bonfires

Since 1999 he has been very happily married to the professional artist and author, Donna Antoinette Coleman to whom he 1s devoted and with whom he has co-written five books They lve in the delightful if isolated village of Bulbury in Devon where they have designed for themselves a unique world to sustain and nourish them in these dark and difficult times They rarely leave home

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Appendix 3: What the papers say:

'Vernon Coleman wnites as a general practitioner who has become disquieted by the all-pervasive influence of the pharmaceutical industry m modern medicine He descnbes, witha weaith of illustrations, the phenomena of mad-ern latrogenesis, but he 1s also concerned about the wider harm which can re-sult from doctors' and patients' preoccupation with medication instead of with the prevention of disease He demonstrates, all the more effectively because he writes tn a sober, matter-of-fact style, the :mmense influence exercised by the drug industry on doctors' prescnbing habits He wnites as a family doctor who 1s keenly aware of the soctal dimensions of medical practice He ends his book with practical suggestions as to how medical care - in the developing countries as well as in the West - can best be freed from this unhealthy pharmaceutical predommance '-G M.Carstairs, The Times Literary Supplement {1975}

‘What he says of the present is true and itis the great ment of the book that he says it from the view pornt of a practising general practitioner, who sees from the inside what is going on, and 1s appalled by the consequences to the profession, and to the public '-~ Brian Inglis, Punch (1975)

'Dr Coleman wntes with more sense than bias Required reading for any Minister of Health' - Daily Express

'| hope this book becomes a bestseller among doctors, nurses and the wider public '+Nursing Times

'Dr Coleman's well-coordinated book could not be more timely '— Yorkshire Post

'Few would disagree with Dr Coleman that more should be done about prevention' - The Lancet

'This short but very readable book has a message that is timely Vernon Coleman's pot is that much of the medical research into which money and expertise are poured is useless At the same time, remedial conditions of mind and body which cause the most distress are largely neglected This is true' - Daily Telegraph

Tf you beheve Dr Vernon Coleman, the main benefiaaries of the hundred million

pounds worth of research done 1n this country each year are certainly not the

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patients The research benefits mostly the medical place seekers, who use thetr academic investigations as rungs on the promotional ladder, or drug companies with an eye for the latest market opening The future may hold bionte superman but alla nation's physic cannot significantly change the basic mortality statistics except sometimes, to make therm worse '- The Guardian

'Dr Coleman's well-coordmated book could not be more tamely '— Yorkshire Post

'The Medicine Men ts well worth reading' - Times Educational Supplement

'Dr Vernon Coleman is nota mine of information ~heis a fountain It pours out of him, mixed with opinions which have an attractive common sense ring about them.' - Coventry Evemng Telegraph

'When the children have finished playing the games on your Sinclair or Commodore Vic 20 computer, you can turn it to more practical purposes, For what 1s probably Britain's first home doctor programme for computers is now available Dr Vernon Coleman, one of the country's leading medical authors, has prepared the text for a remarkable senes of six cassettes called The Home Doctor Series Dr Coleman, author of the new book 'Bodypower' has tumed his attention to com puters '- The Times 1983

'The Medicine Men' by Dr Vernon Coleman, was the subject of a 14 minute 'commercial' on the BBC's Nahonwide television programme recently Industry doctors and general practitioners come in for a severe drubbing two down and several more to go because the targets for Dr Coleman's pen are many, varied and, to say the least, surprising Take the physicians who carry out clinical tr-

als many of those, claims the author, have sold themselves to the industry and agreed to do research for rewards of one kind or another, whether that reward be

a trip abroad, a piece of equipment, a few dinners, a series of published papers or simply money' —- The Pharmaceutical Journal

'By the year 2020 there will be a holocaust, not caused by a plutonium plume but by greed, medical ambition and political opportunism This 1s the latest vision of Vernon Coleman, an articulateand prolific medicalauthor this disturbing book

detects diseases in the whole way we deliver health care '—Sunday Times (1988)

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' the issues explores he explores are central to the health of the nation' — Nursing Times

'It ts not necessary to accept his conclusion to be able to savour his decidedly trenchant comments on today's medicine a book to stimulate and to make one argue '— British Medical Journal

'As a writer of medical bestsellers, Dr Vernon Coleman's aim 1s to shock us out of ourcamplacency it'simpossible not to be impressed by some of his arguments ' - Western Daily Press

Controversial and devastating' —- Publishing News

'Dr Coleman produces mountains of evidence to justify his outrageous clarms'- Edinburgh Evening News

'Dr Coleman lays about him with an uncompromising verbal scalpel, dipped in vitriol, against all sorts of sacred medical cows '- Exeter Express and Echo

'Yernon Coleman writes bnilliant books '- The Good Book Guide

'No thinkimg person can ignore him This is why he has been for over 20 years one of the world's leading advocates on human and animal rights 1n relation to health Long may it continue' - The Ecologist

The calmest voice of reason comes from Dr Vernon Coleman '-— The Observer

Agodsend - Daily Telegraph

'Dr Vernon Colernan has justifiably acquired a reputation for being controversial, iconoclastic andinfluential '- General Practitioner

'Superstar' — Independent on Sunday

'Bniliant" - The People

‘Compulsive reading '- The Guardian

‘His message 1s umportant '- The Economist

‘He’s the Lone Ranger, Robin Hood and the Equalizer rolled into one’ —- Glasgow Evening Times

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‘The man isa national treasure ’—- What Doctors Don’t Tell You

‘His advice 1s optimistic and enthusiastic '- British Medical Journal

‘Revered guru of medicine‘ - Nursing Times

‘Gentle, kind and caring'- Western Daily Press

‘His trademark is that he doesn’t mince words Far funmer than the usual tone of soupy piety you get from his colleagues '- The Guardian

‘Dr Colernan ts one of our most enlightened, trenchant and sensitive dispensers of medical advice ’— The Observer

‘Vernon Coleman 1s a leading medical authority and known to milhons through his writing, broadcasting and bestselling books ’ - Woman's Own

‘His book Badypower 1s one of the most sensible treatises on personal survival that has ever been published ’— Yorkshire Evening Post

‘One of the country's top health experts ’- Woman's Journal

‘Dr Coleman is crusading for a more complete awareness of what 1s good and bad for our bodies In the course of that he has made many fnends and some powerful enemies.’ - Western Morning News

‘Buthant '—The People

'Dr Vernon Coleman ts one of our most enhghtened, trenchant and sensibie dispensers of medical advice’ - The Observer

The most influential medical wnter in Bntam There can be little doubt that

Vernon Coleman 1s the people’s doctor '— Devon Life

The medical expert you can't rgnore '- Sunday Independent

A lterary genius '~ HSL Newsletter

‘L would much rather spend an evening 1n his company than be trapped for five minutes in a radic commentary box with Mr Geoffrey Boycott’ — Peter Tinnis

wood, Punch

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‘Hard hitting rmmutably forthnght '- Hull Daily Mail

‘Refreshingly forthright '- Liverpool Daily Post

‘Outspoken and alert’ - Sunday Express

‘The man witha mission '- Mormng News

‘A good read very funny and packed with interesting and useful advice '-The Big Issue

'Dr Coleman gains in stature with successive books’ - Coventry Evening Telegraph

‘Dr Coleman made me think again '- BBC World Service

'‘Marvellously succinct, refreshingly sensible '- The Spectator

'The living terror of the British medical establishment A doctor of science as well as a medical graduate Dr Coleman is probably one of the most bnihant men alive today His extensive medical knowledge renders him fearless '- Insh Times

‘His future as King of the media docs 1s assured ‘- The Independent

‘Britain's leading medical author’ - The Star

‘Hts advice is practical and readable’ - Northern Echo

‘The layman's champion’ -Evening Herald

‘All commonsense and no nonsense’ - Health Services Management

‘One of Britain's leading experts ’ - Shmmer Magazine

‘The only three things | always read before the programme are Andrew Rawnsley in the Observer Peter Hitchens in the Maal and Dr Vernon Coleman 1n The People Or, if I’m really up against it, just Vernon Coleman ’- Eddie Mair, Presenter on BBC's Radio Four

‘Dr Coleman 1s more illuminating than the proverbial lady with the lamp'- Com pany Magazine

‘Britain's leading health care campaigner’ ~ The Sun

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‘What he says 1s true’- Punch

‘Perhaps the best known health wniter for the general public in the world today’ - The Therapist

The patient’s champion The doctor with the common touch’ — Birmingham Post

‘A persuasive wnter whose arguments, based on research and expemence, are sound ’- Nursing Standard

‘Coleman is controversial but respected and has been deseribed in the British press as ‘ the sharpest mind in medal journalism'and ‘the calmest voice of reason' —- Animals Today

‘Vernon Coleman rebel with acause’- Belfast Newsletter

presents the arguments against drug based medicine so well, and disturbs a harmful complacency so entertainingly'— Alternative News

‘He 1s certainly someone whose views are impossible to ignore, with his passionate advocacy of human and animal nghts’ - International Journal of Alternative and Complementary Medicine

‘The doctor who dares to speak his mind ’- Oxford Maul

‘Dr Coleman speaks openly and reassunngly’— Oxford Times

'He wnites lucidly and wittily’ - Good Housekeeping

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Appendix 4: Reference Articles referring to Vernon Coleman (Included to counter some of the lies on the internet)
Ref 1
Volunteer for Kirkby’ - The Guardian, 14 5 1965
Ref 2
‘Bumbiedom forced me to leave the NHS'- Pulse, 28 11 1981
Ref 3
T’'m Addicted To The Star’ - The Star, 10 3 1988
Ref 4
Medicine Becomes Computensed. Plug in Your Doctor -The Times 29 3 1983
Ref 5
‘Computer aided decision making in medicine’ - Bntish Medical Journal, 89 1984 and 27 10 1984
Ref 6
Conscientious Objectors’~ Finaneral Times magazine, 9 8 2003

Ref 7
‘Doctor with the Common Touch '- Birmingham Post, 9 10 1984
Ref 8
‘Sacred Cows Beware Vernon Coleman pubhshing again’ - The Scotsman, 6121984
Ref 9
‘Our Doctor Coleman Is Mustard'-— The Sun, 29 6 1988
Ref 10
‘Reading the mind between the lines’ - BMA News Review, November 1991
Ref 11
Doctors’ Firsts ~ BMA News Review 21 2 1996
Ref 12
‘The big league of self pubhshing ’- Daily Telegraph, 17 8 1996
Ref 13
''Doctoring the books' - Independent, 16 3 1999
Ref 14
‘Sick Practices'— Ode Magazine, July/August 2003
Ref 15
'You have been warned, Mr Blair’ -Spectator, 6 3 2004 and 20 3 2004
Ref 16

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‘Food for thought with a real live Maverick ’- Western Daly Press, 5 9 2006
Ref 17
'The doctor will see you now’ - Independent, 14 5 2008

There 1s a more comprehensive hst of reference articles on www vernoncole-man com

Final Note from the Author:
If you found this book informative I would be very grateful if you would put a suitable review online It helps more than you can imagine If you dishked the book, or disapproved of it in any way, please forget you read 1t
Vernon Coleman

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